

Suggestions for Peaceful Living Among Roommates

Roommates Need to Talk With Each Other:

- If you have made the **CHOICE** to live with another person, **COMPROMISING IS NOT AN OPTION BUT A MUST**
- Open and honest communication is the key in building any relationship
- Get to know your each other's likes and dislikes, what each other are interested in; what does each other like to do for fun
- As you start to learn about each other, it will help in working out differences and disagreements that may arise
- Even if your roommate is your "best friend," conflicts can happen once people start living with each other



Communication Do's

- Share concerns BEFORE things get out of hand
- Be open to compromises
- Be honest and assertive
- Establish ground rules, work out agreements and compromise if necessary
- Create solutions to issues facing your living space
- Always ask permission to borrow something – demonstrates respect and courtesy
- Be genuine and straightforward in communicating your thoughts
- Listen carefully - try to understand things from the other person's viewpoint
- Be sensitive regarding differences in values – not everyone has had the same experiences

Communication Don'ts

- Don't wait until things build up inside and/or get out of hand
- Don't use profanity or make fun of behaviors witnessed
- Don't be judgmental
- Don't interrupt when others are talking
- Don't assume the worst
- Don't spread gossip or rumors
- Don't send text messages in an attempt to explain feelings or emotions
- Don't make assumptions that others should know or understand - people need to be informed
- Don't use Facebook to complain or gripe about a situation facing your living space

For Example - The Kitchen:

- Establish an understanding of **how each person would describe what clean is** – what one person's view of clean is can be different from another person's point of view.
- Establish standards and realistic expectations of how the kitchen (bedrooms, bathrooms, common areas, etc.) will be cleaned and maintained.
- Determine a day where everyone will help out in cleaning the entire space – work together and reward yourselves with a great meal or a movie night out
- To prevent conflict of knowing whose food belongs to whom...
 - Buy either a colorful or shape sticker to place on containers
 - Assign color-coded stickers to each person
 - Get bigger stickers to write names on containers



See Back Page for More Examples

For Example – Roommate’s Schedules:

- Each roommate should understand **what type of semester each of their roommates is going to have** and **how each roommate can support** each other during the semester
 - pressures associated with grades
 - importance of certain classes
 - heavy work schedule
 - leader of a student organization
 - issues associated with home
- Create a **master calendar** with each roommate’s upcoming tests, study time requests, overnight guests, family visitors, cleaning responsibilities, help needed, etc.
 - Put reminders like...
 - Stacey – big Biology test on Thursday – will be studying in room
 - Chris – friend from high school staying weekend – 16th – 18th
 - ALL – clean kitchen, bathrooms, common area on Wed. at 9 pm
 - Keep everyone up-to-date and to avoid any surprises

*Understanding one’s semester, can explain an occasional door slam, a bad mood every now and then, etc.
Ask them how you could support them?*

Day	Activity
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	Stacey - Biology Test
17	
18	Chris - Friend Staying
19	
20	
21	
22	
23	ALL - Clean Kitchen
24	
25	
26	
27	
28	
29	
30	
31	

Consider Looking for a One Bedroom / One Bath Apartment...

If you have said or thought:

- I will not change. I have always been messy. Deal with it!
- I don’t care how long my dishes sit in the sink. I will get to them when I feel like it.
- He/she is the love of my life and I don’t have to ask for permission from anyone. Stay out of my business.
- I like it cold so it is 68 degrees. You don’t like it, get a blanket!
- I know I have 10 different flavors of Gatorade in the refrigerator. I never know when the mood will strike me for fruit punch.
- Just hit restart again. So what if this is the fourth time these same clothes are being washed.
- So I slammed the door. What is it to you? You went right back to sleep.
- It is just a kitten. It won’t be a problem. Just don’t say anything to the landlord.
- I don’t care. This is who I am and how I have always been. You are just going to have to figure out how to live with me.

If you CHOOSE to live with others, COMPROMISE is a requirement not an option.



Contact Information:

Director: Jennifer Wright (Jennifer.Wright@ucf.edu)
Office Location: Ferrell Commons Room 142
Office Phone: 407-823-3477
Office Web-Site: <http://www.ied.sdes.ucf.edu>

Office of Student Rights and Responsibilities
Division of Student Development and Enrollment Services
Funding Assistance from the Student Government Association

