

Addressing roommate conflicts

If you sense trouble between you and your roommate, help is available! The following information can help you make the right decisions toward solving your roommate conflict.

Conflict Arises

Speak to your Don. He/She can listen, perhaps help you identify issues, give you tips about how to approach your roommate in a positive way

Talk to Your Roommate

Remember it might be difficult to discuss potentially sensitive issues. If you ever hope to live peacefully in your space with your roommate, it's necessary!

- Find a mutually convenient time to talk. Effective communication takes time and can be hampered if other priorities interfere.
- Using ideas generated with your Don, address the concern you have and how it makes you feel.
- Listen and be open to hear feedback about your own behaviour.
- Work together to discuss potential solutions.

If your conflict is not resolved, you can see your Don again. He or she may conduct a mediation wherein issues can be discussed while a neutral third-party moderates. Your Don will encourage

good communication skills, ask clarifying questions, and help to relieve tension. Also, your Don will follow-up to see how things are going with you and your roommate.

Room Switch Policy

We endeavour to help students communicate effectively with their roommates not only to ensure healthy community relations but also to help students learn to address problems in a mature and effective way.

On occasion, there may be a roommate problem that cannot be solved despite students having gone through appropriate channels. The Department of Residences has a room switch policy outlined at brocku.ca/housing. Students considering a room change should read this policy and be aware of what is required before a move will be granted. Even the closest of roommates can get on each other's nerves once in a while.

When you need your own space, consider some of the following ideas:

- Study elsewhere
- Explore volunteer opportunities
- Visit friends outside of your residence
- Go to a movie or a concert
- Go to the gym
- Take a weekend trip somewhere
- Explore Niagara

