

# 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](http://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