

# COMMUNICATING WITH YOUR ROOMMATE



One of the biggest adjustments for college life may be living with a roommate. Some students find the perfect match in their roommate, while others have a difficult time figuring out how to accommodate one another's routines.

Have a conversation early on with your roommate to discuss important factors, like class schedule, sleeping arrangements/alarms, visitors, borrowing stuff and cleaning expectations. If necessary, involve the RA or create a written contract to help hold each other accountable.

Understand that compromises are absolutely essential to residence hall life. You also may handle conflict different—one might want to address a problem right away, while another might need time to think and process. That's okay—as long as you reach a conclusion eventually. Don't let things build up to a breaking point!

Campus Resources:

Center for Counseling & Student  
Development: 252-328-6661

Campus Living: 252-328-4663

Off Campus Student  
Services: 252-328-2847

# OTHER RESIDENCE HALL TIPS

## WHAT TO DO:

- Attend hall programs to meet new friends or get involved in RHA
- Maintain regular hygiene to keep everyone happy—shower, wash your clothes, clean your dishes
- Check with your roommate before having visitors or overnight guests
- Be respectful and keep an open mind—you can learn a lot from someone different!
- Be kind and courteous to staff in the building—they are an important part of residence hall life and can help in many situations.

## WHAT NOT TO DO:

- Don't post passive-aggressive social media messages about your roommate
- Don't spend all your time locked in your room—go introduce yourself to neighbors or check out events on campus
- Don't leave your door unlocked or let random people in your room that you don't know
- Don't hang out with all of your same friends from high school or your significant other. College is about experiencing new things—not just an extension of high school