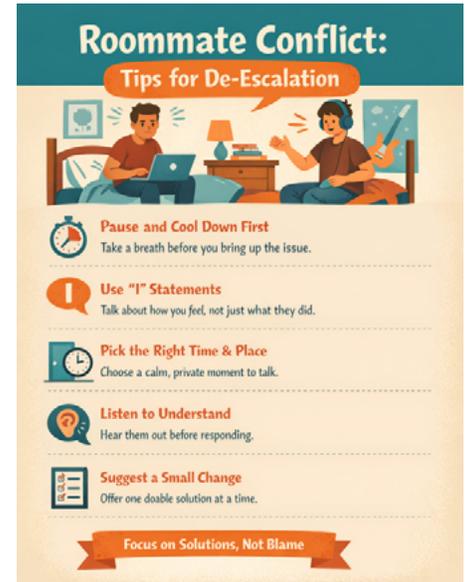


What Can You Do?

- **Pause and cool down first.** Take time to calm your body before addressing the issue, so the conversation doesn't happen in the heat of the moment.
- **Use "I" statements.** Focus on how the situation affects you rather than blaming, for example, "I'm having trouble sleeping when the lights are on late," instead of "You're inconsiderate."
- **Choose the right time and place.** Ask to talk when both of you are calm and not rushed, rather than starting the conversation during an argument or stressful moment.
- **Listen to understand, not to win.** Let your roommate explain their perspective without interrupting, and reflect on what you heard to show you're trying to understand.
- **Suggest one small, specific change.** Aim for a realistic compromise (like setting quiet hours or texting before guests come over) instead of trying to solve everything at once.



What Can Help?

Facilitated Communication or Mediation:

A neutral third party (such as an RA or residence life professional) helps roommates talk through concerns, clarify misunderstandings, and practice respectful communication. This approach works well when both students feel safe, are willing to participate, and need help translating frustrations into clear requests and agreements. Example: An RA meets with both roommates to help them talk through concerns about noise and guests and agree on clear expectations moving forward.

Structured Agreements and Boundaries:

Roommates create or revisit a written agreement that sets expectations around shared space, noise, guests, cleanliness, and schedules. Clear, specific boundaries reduce ambiguity and give students a reference point to return to if issues resurface. Example: The roommates create a written plan that outlines quiet hours, cleaning responsibilities, and rules for shared items.

Supportive Separation or Housing Adjustment:

When conflict is persistent, emotionally harmful, or involves safety or intimidation, a room change or alternative housing may be the healthiest option. This approach prioritizes well-being and recognizes that not all conflicts are resolvable through conversation alone. Example: After ongoing conflict continues to affect sleep and safety, one student is supported in moving to a different room.