



When in conflict, remember the tips to

R-E-S-O-L-V-E

- R:** Reach out and come together with the person you are having a conflict with.
- E:** Engage in a conversation and take turns talking through the conflict.
- S:** Seek to solve the problem.
- O:** Open up and communicate using "I" statements.
- L:** Listen to the other person so that you understand their point of view.
- V:** Voice solutions on how you both can resolve the conflict.
- E:** End on a good note by agreeing to a solution.

CAMPUS

Student Counseling Center

321-674-8050 • Building 264 • counselingcenter@fit.edu

Student Affairs

Denius Student Center (SUB) • floridatech.edu/student-involvement

Residence Life professional staff, RDs and RAs

floridatech.edu/reslife

Security

Emergency 321-674-8111 • Non-Emergencies 321-674-8112
Security Welcome Center—Open 24 hours a day, 7 days a week

From the Office of Residence Life

RESOURCES AVAILABLE:

Counseling Center • Dean of Students
Residence Life • Campus Security
Clemente Center

NEED MORE HELP?

Process through these questions before connecting with your resident assistant (RA) for help with a roommate conflict. Bring this brochure with you as you connect to help navigate conversation and show your commitment to growth.

1. What are the top three concerns I have about my living situation?
2. How does my style of communication differ from my roommate?
3. What is one thing I would like to change about our living situation?
4. I need help from my RA regarding?
5. Be willing to solve the concern and open to input.



Residence Life

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HAPPY ROOMMATES

Tips for Successful Roommate Relationships



CONNECTION IS POSSIBLE!

"To experience community is to know the joy of belonging, the delight at being known and loved, the opportunity for giving and growing, the safety of finding a true home."

—John Ortberg

The staff here at Florida Tech hope you experience community and the joy of belonging. We believe you can experience this with your roommate and floor as you do life.

We understand that relationships can be hard to navigate. But we believe connection is possible.

We believe:

- Different people can learn to live together.
- Living with someone is more than just stuff and arranging your space.
- Respect, communication, flexibility and tact are important when building relationships.



10 Roommate Tips & Tricks

1 Get To Know Each Other

You're going to be spending a lot of time with your roommate and this is your first opportunity to make a connection. Take the time to ask and answer questions—about family, hobbies, academic interests, etc. Who is this person? Fill out your roommate agreement together!

2 Communicate

Open and honest communication is key to building a positive and successful relationship. Take some time and talk to each other, and let your roommate know what is important to you.

3 Be Open & Friendly

Remember that both of you may be anxious and concerned about living with a person. Your roommate may be experiencing the same issues and concerns that you are, and may be under the same pressures.

4 Define Neat

Agree to how you're going to keep the room and what you're going to do if one of you is not living up to that agreement.

5 People Visiting

Discuss how often you both plan to have people over. Do you want your room to be a social center or a refuge from the crowds?

6 Find an Activity You Can Share

What are your common interests? Will you become workout partners, join the same club or eat a few meals together each week?

7 Study Times & Habits

Talk about how you prepare for classes and tests. Let your roommate know if you have a big test or assignment coming up. If you can, find places other than the room to study.

8 Give Each Other Space

Togetherness is great, but too much of a good thing can sometimes be not so great. You and your roommate both need time alone or with other friends. If that is not happening naturally, talk about it.

9 Are You Ok With Sharing?

Just because you are sharing a room doesn't mean you also want to share other things—like your wardrobe. Talk about what you want to share and what you want of your own. Setting these boundaries early can avoid later conflicts.

10 Pet Peeves & Personal Habits

What is a big pet peeve for you? What is something that really bothers you? How do you deal with conflict?