

HANDBOOK FOR THE Recently Paired

A guide to living with roommates and
how to be a good one.



ROMMATE EXPECTATION FORM

Starting the conversation early is key to creating a great roommate relationship. Scan the QR code above for the Roommate Expectation Form to start the conversation. Residents will be required to submit a completed form to their Residence Hall Staff within a week of move-in day, or within a week of moving into a new room.



We're Here to Help!

📞 860-465-5297

✉️ housing@easternct.edu

🌐 www.easternct.edu/housing

So now you're ROOMMATES?

For many students, living on campus is the first time they'll have to share a close living space with someone. Whether you've known your roommate for your entire life, or if you've never met them before, it can be quite the adjustment. Here, you'll find some tips on how to live with a roommate and how to be a good one.

Before Move In Day

After June 1st, students are able to view who their roommate is by checking their housing assignment information in the MyHousing Portal; if you click on their name, it will open your Eastern email. It's highly suggested that roommates make contact and communicate with one another before move-in day so that they can take some of the awkwardness out of meeting and immediately going into living with one another. Some ice breaker questions you can ask one another include:

- What are your favorite TV shows/music artists/movies?
- How would you describe your aesthetic?
- What's the strangest thing you've ever eaten?
- If you could suggest a content creator to follow, who would it be?



Setting Expectations

After you've grown to know one another a bit more, it's best to start thinking about how you're going to live together and share your living space. This is when it's important to ask what your roommate expects of you, and to kindly let them know what your expectations are. Questions to ask or topics to discuss include:

- How will you share the space for studying, relaxing, and socializing?
- How often can guests come over, and how much time before someone visits do you need?
- How are you going to split chores and keep the room clean?
- Will you be sharing food or personal belongings?
- What does it look like when you're upset, stressed, anxious etc?
- How will you ask for support or ask for space?

SOCIAL MEDIA & ROOMMATES



We do NOT suggest that you search for someone on social media and make a judgement on who they are as a person based on their content. Of course, if there is any concerning content you'd cite as a reason to not live with someone, you may still reach out to Housing on this. It is rare that such reporting will result in a roommate removal, but students may request a room change.

Being A Good Roommate:

How you approach and treat the roommate relationship will have a big impact on how smoothly your year together goes. Here are some tips on how to be a good roommate:

- Treat your roommate how you'd like to be treated yourself. Respect them as a human with differences to you, respect their stuff, and respect their boundaries.
- Ask permission - don't use your roommate's stuff without asking.
- Be mindful and aware - is your roommate sleeping when you get back to the room? Try to be quiet and maybe use your phone's flashlight instead of turning on the overhead lights.
- Clean up after yourself, and keep your stuff on your side of the room.
- Don't do things that make your roommate uncomfortable - respect privacy and differences.
- Do not gossip about your roommate - whether that's in person, in text, on social media. It ALWAYS gets back to the person you're gossiping about no matter how you do it.
- Keep expectations realistic - you might not be "best friends" with your roommate and that is okay.
- Schedule or offer alone time to one another - this is part of sharing the room. Having shared and private use of the room evenly is important in the roommate relationship.



Roommate Conflict

Roommate conflict can arise from a variety of factors, such as differences in cleanliness standards, noise preferences, or conflicting schedules. It often begins with minor disagreements that can escalate if not addressed promptly and openly. Effective

communication, compromise, and establishing clear boundaries can help mitigate conflicts and foster a harmonious living environment for all roommates.

If/when you find yourself in conflict, use these tips to address it:

- DON'T WAIT: Something bothering you? Don't sweep it under the rug.
- BE FAIR AND OBJECTIVE: Don't start the conversation angry. Stay fair and calm.
- LISTEN: Don't wait just to speak. Listen to what your roommate is saying.
- BE HONEST WITH YOURSELF: If you've done wrong, own it. Hold your self accountable and strive to do better.

If the problem is "too big" for you to handle on your own, the Housing Staff are all specially trained to assist with conflict management. Seek support and we'll either coach you through the conversation or we'll mediate between roommates.