

Living with a roommate

Version 7

Published 2/20/2024 by [Nadezda Tsygankova](#) Last updated 4/4/2024 6:23 PM by [Nadezda Tsygankova](#)

For many students, residence is the first time they will live with somebody other than their immediate family members. Remember, the same goes for your roommate. Tensions may arise while living together – especially during exams or stressful times. It is important to communicate your feelings and needs to one another to have a harmonious living situation.

Communication tips

Remember that communication is an ongoing process. It is important to discuss any challenges as they arise and to deal with them in a mature and responsible way. It is up to you to decide on how much you wish to share and how you choose to share it. A common rule of thumb is to be upfront and honest about your personal boundaries.

Things to remember

- Review our list of [roommate discussion](#) points if you are not sure where to start the conversation
- Keep communication open and be honest about how you feel and what you are thinking
- Be willing to make compromises
- Give your roommate the respect, consideration and understanding that you want in return
- Discuss problems with your roommate as they arise
- If your ideas, feelings and habits change, be sure to let your roommate know
- If you run into challenges speak to your resident advisor (RA) – they are there to help

Roommate conflict

If you have problems with your roommate we recommend you check your [Roommate Agreement](#) first, then speak to your RA as they may be able to help. If this step is unsuccessful, please feel free to come to the Residence Life Office and speak with your

residence life co-ordinator. Roommate changes are the last step in the mediation process and are subject to availability of rooms. Please note, room and roommate changes are put on hold for the month of September.