

SELF HELP GUIDE TO ROOMMATE MEDIATION

EMPOWERING RESIDENTS TO ADDRESS CONFLICTS
CONSTRUCTIVELY





4 Steps to Mediate Roommate Issues



Setting the Foundation for Positive Roommate Relationships



Effective Communication Strategies for Self-Resolution

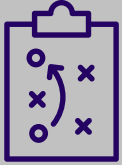


Problem-Solving Tools for When Tensions Arise



Knowing When to Involve Your RA





Setting the Foundation for Positive Roommate Relationships



1. Pre-Arrival Communication

- Why It Matters: Early connection with your roommate/suitemates builds understanding and common ground.
- How to Do It: Contact them via social media, email, or phone. Share habits, preferences, and key details about your living style to find common interests or differences.

2. Create a Roommate or Suite Agreement

- Why It Matters: A written agreement clarifies expectations and prevents misunderstandings.
- How to Do It: Outline guidelines for cleanliness, noise, guests, study time, shared spaces, and conflict resolution. Keep it flexible but mutually respected.

3. Understand Policies that Affect Your Living Space

- Why It Matters: Understanding NJIT policies on substances and conduct helps you and your roommate stay compliant to NJIT policies and avoid issues.
- Key Policies:
 - Marijuana: Legal in NJ but restricted on NJIT Campus.
 - Alcohol: Allowed for residents 21+, but cannot be stored on an underage roommate's side.
 - Noise: Be mindful of others' schedules and maintain a considerate environment.
 - Visit the [NJIT Residence Life Policy](#) page for more insight ([Linked Here](#))

4. Engage in Community-Building Activities

- Why It Matters: Knowing your neighbors fosters understanding and patience.
- How to Do It: Expand your NJIT experience by attending university and ResLife social gatherings, building a network beyond your roommates and cultivating a supportive community.



Effective Communication Strategies for Self-Resolution



1. Initiate a Calm Conversation

- Why It Matters: Early communication prevents small concerns from becoming bigger issues.
- How to Do It: Speak calmly and openly, aiming for mutual understanding. Try starting with, “Can we chat about something I’ve been noticing?”

2. Practice Active Listening

- Why It Matters: Active listening builds trust and encourages resolution.
- How to Do It: Focus fully, avoid interrupting, and ask clarifying questions like, “So, what I’m hearing is...” or “Can you explain what you meant by...?”

3. Use "I" Statements

- Why It Matters: “I” statements reduce the chance of your roommate feeling blamed or defensive.
- How to Do It: Instead of saying, “You never clean up after yourself,” try, “I feel stressed when the space isn’t clean.”

4. Find Common Ground and Set Boundaries

- Why It Matters: Setting and respecting boundaries helps maintain a comfortable shared space.
- How to Do It: Discuss shared expectations around shared spaces, guest policies, and times for quiet. Establish a way to revisit these boundaries if needed, with respect for each other’s comfort. You can view the NJIT Reslife Guest Policies [HERE](#).





Problem-Solving Tools for When Tensions Arise



1. Brainstorm Solutions Together

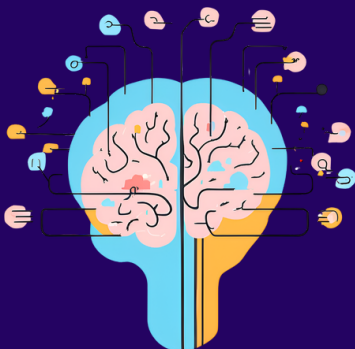
- Why It Matters: Teamwork fosters commitment and cooperation in resolving issues.
- How to Do It: Brainstorm solutions together without immediate judgment, then choose one or two to try.

2. Take Time-Outs if Emotions Escalate

- Why It Matters: Taking a break prevents conversations from becoming heated and unproductive.
- How to Do It: If the conversation becomes too intense, agree to pause and reconvene later. This gives each person time to cool down and reflect.

3. Focus on Emotional Regulation and Emotional Intelligence

- Why It Matters: Managing emotions and understanding each other's feelings helps build a healthier roommate dynamic.
- How to Do It: Practice empathy by considering what might be motivating your roommate's perspective. Try deep breathing, taking notes, or using a calm tone to keep things constructive.





Knowing When to Involve Your RA



1. Recognize When to Seek Help

- Why It Matters: Some situations may require a third party to mediate constructively.
- When to Do It: In cases of ongoing disagreements, situations that impact well-being, or if serious issues like harassment arise, an RA can provide guidance and support.

2. Preparing for RA Mediation

- Why It Matters: Bringing your own efforts to the table shows good faith in resolving the issue, making RA mediation more effective.
- How to Do It: Be prepared to discuss what's been tried, what's worked, and what hasn't. Documenting your conversations and solutions tried can be helpful.

