

O, to live in a little space with a total stranger!!!

LET'S JUST AGREE TO AGREE TO BE QUINTESSENTIAL ROOMMATES

DEAR QUINTESSENCE 10,

Your Student Counseling Center is here to help make your move to HU the best years of your life, so here are a couple of really easy multiple choice questions:

1. You know adults who ____:

- A. are still best friends with their college roommates.
- B. wonder how he, she or they are doing – 'haven't seen hide nor hair of them in years.'
- C. have horror tales from day one!
- D. all of the above.

Answer ____.

2. How ready and able are you to make answer "A" your very own?

- A. Totally – already working on it.
- B. It'll be fine – no worries at all.
- C. I'll just ask my mom what to do if anything comes up.
- D. Uh, roommate?!

Answer ____.

KEYS TO GETTING TO ANSWER "A"

Patience,

Respect,

Hopefulness

Honesty about your sweet and sour sides

Ability to see the other's point of view

Up front about your expectations

Open to reasonable flexibility

Many roommates are highly compatible, have few significant disagreements, and can talk about them well when they do occur. Others have to work harder at living harmoniously, some simply ignore each other, and a few hate each other. We are sharing common roommate issues students have taught us.

Study Habits Variations

- Amounts of time needed for studying – some people really do achieve well with little studying; each person needs to stay real about this,
- Optimal times for studying – day/night, and
- With or without background music/sound, including TV

Environment

- Allergens and irritants – perfumes, room deodorizers (esp. plug-ins because of their intensity),
- Room temperature preferences,
- Lighting - overhead fluorescents give one a headache, but the other likes them or is fine with them,
- Cleanliness – inorganic trash in trash cans & empty them yourselves as needed, regardless of the housekeeping services; put organic garbage in receptacles outside the room; soiled clothing in solid (rather than mesh) laundry bag with a good closure system; storing clean clothes in closets and drawers; organizing both living, work and storage areas.
- REMEMBER: People have a very wide range of experience in taking care of and cleaning up after themselves!

Routines

- Let each other know what's important to be able to do in your morning and night routines,
- Snacking and dining in the room – around here, people arrive with serious snack supplies and like to order in – pizza and Chinese for the most part. It can drain finances, be mindful.
- Family backgrounds and ways of living shape ours and we bring them with us. Different does not mean deficient.

Visitation

- Earliest and latest hours,
- Frequency,
- Acceptable and unacceptable behavior and activity,
- Setting limits on friends (and friends of friends) who are inclined to treat your room as an extension of their own,
- Others sitting on your bed (it's a relatively frequently occurring irritation),
- Others handling your possessions,
- Contraband things and people

Borrowing Possessions

- Don't even start – you wouldn't believe how trifling people can be,
- Locking precious possessions from the start makes it policy, not personal,
- Agree to lock your room and take your key whenever you leave.

Private things of your heart

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- Delay confiding until you know and trust one another – it needs to be two-way.

Space

- Agree on times when things that one can't tolerate (that are legal and moral) can be engaged in by the other/ giving space,
- Regular time alone in the room for each is a good thing in general.

Other People's Problems

- Substance use / abuse,
- Ugly or odd behavior,
- Romantic partners,
- Drama,
- People you thought you knew well can surprise you,
- Jealousy/hating.

Personal Violations

- Social media posting of verbal ugliness and compromising photos taken secretly says way more about YOU being off than the roommate (or other).

Family

- Closeness–distance among families varies tremendously, so you may have to talk about it with each other
- If you don't have the mother, father and 2.5 children 'average family,' – have only one or even no living parents; dysfunctional, addicted or incarcerated parent(s); and/or poor parent(s), and think you're the only one here in that situation, you are mistaken – you are not alone!
 - ❖ Honor and celebrate what you have come through to be here,
 - ❖ Know that you belong here,
 - ❖ Cast off self-doubt and any chip that may be clinging to your shoulder so that you can soar to the highest heights of your known abilities and unknown potential, and
 - ❖ Rock the blue and white, blue and white!!!

Given all of the above (and more), here are two resources for getting to "A."

<http://collegelife.about.com/od/roommat2/a/How-To-Set-Up-A-College-Roommate-Agreement.htm>

<http://collegelife.about.com/od/roommate1/f/What-Is-A-Roommate-Contract.htm>

**WELCOME, WELCOME, WELCOME
AND
COME UP AND SEE US SOME TIME!**