

# Experiencing Roommate Conflicts?

Here are some tips  
on how do deal with  
them

# Common Conflicts

# Early Risers and Late Sleepers

- Your roommate's noise at seven wakes you up when you didn't have to wake up until ten
- Your roommate's desk light/music keeps you from sleeping at night



# Differences in Study Habits

- You prefer to have quiet when you study while your roommate likes to have music and a TV on
- Your roommate always has his/her friends over when you are trying to study



# Sharing

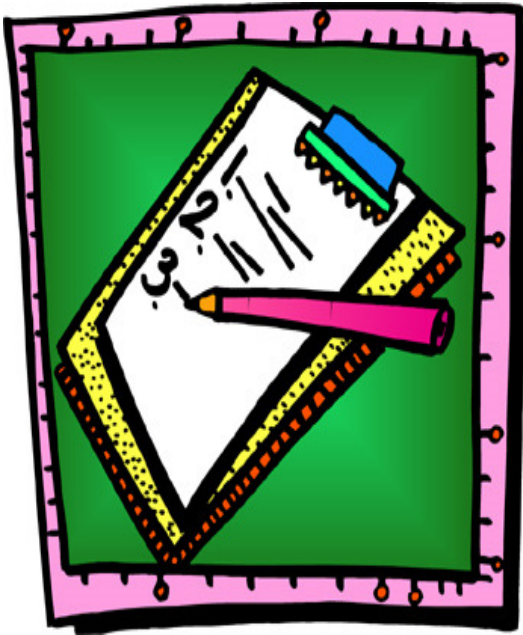
- Your roommate always decides to use your things without asking
- Your roommate is always having her friends over, limiting your access to the room



Techniques  
on how do  
deal and  
avoid  
roommate  
conflicts

# Come up with a roommate contract

- Write down the agreements you and your roommate come up with in relation to the sharing of the space
- Make sure to keep these rules in mind throughout the year, and if necessary feel free to make changes as long as your roommate is aware and agrees.



# Practice Roommate etiquette

- Clean up after yourself
- Keep quiet when your roommate requests it
- Do not use your roommate's things without asking
- Be reasonable about visits from friends and/or significant other
- Don't do anything you wouldn't like to be done to you



# Communicate

- If your roommate's behavior bothers you let him/her know instead of playing "pay back"
- When communicating try to be as direct, simple, and courteous as possible, after all, the goal is to fix problems not create more.



One thing to keep in mind is to attack the conflict instead of your roommate

# Where to go to get help?

## **Resident Assistance**

- Your RA should be your first stop when needing assistance with roommate conflicts.
- They might not always be able to help you so patience is a must. Here are some other useful resources

# Dean of Students Office

Whitmore Administration Building

[Deans@stuaf.umass.edu](mailto:Deans@stuaf.umass.edu)

(413) 545-2684

Hours: M-F 8:30am-5:00pm

- If not convinced after talking to your RA, the Dean of Students Office is a great place to go
- They have highly trained counselors that are available to meet with you and help you work out a plan to solve your roommate conflicts
- Your roommate might even be asked to meet with you and the counselor in order to work out an agreement that benefits both parties
- If an agreement cannot be found, they will start the arrangements to find you another roommate
- One thing to keep in mind is that you cannot just move out of your dorm. You must first meet with a counselor at the Dean of Students Office and try to work out the conflicts

# Ombuds Office

Rm 823 Campus Center  
[ombuds@ombuds.umass.edu](mailto:ombuds@ombuds.umass.edu)  
(413) 545-0867  
Hours: M-F 9:00am-5:00pm

- The Ombuds office is another place to go to find ways to deal with and resolve roommate conflicts
- You meet one on one with a counselor
- They work on resolving conflicts through the improvement of communication
- They listen, advise and make recommendations when needed
- Their services are strictly confidential. However, if someone's safety is at risk they are required by the law to break confidentiality

# **For More Information:**

Everywoman's Center,  
Wilder Hall

413.545.0883

[ewcmail@admin.umass.edu](mailto:ewcmail@admin.umass.edu)



**This bulletin board and more can be  
found at:**

**[www.umass.edu/mycenter](http://www.umass.edu/mycenter)**