

Office of RESIDENCE LIFE  
@ NC Wesleyan University

# Room 4 Growth



A quick and easy guide to starting the year off on the right foot. Get to know your roommate today; avoid conflict tomorrow.

# SHARING THE SPACE

A valuable and memorable experience of college life is living with roommates. Whether they are from across the state or across the world, each person is unique in their background, personality and habits.

Knowing your roommate and building a relationship are not easy tasks. Getting along with your roommate and preventing unnecessary conflict requires:

- Open Lines of **Communication**
- Mutual **Understanding and Respect**
- Mutual **Agreement**

If you and your roommate already know each other, it is still important to complete this guide. Friends might discuss important topics less often than those who have just met, leading to misunderstanding and conflict. Being friends with people is different from living with them.

People don't need much in common to get along with each other. All they need is respect, understanding and communication. **Respect your roommate for who they are.**

## **And what if nothing seems to work?**

If you've tried hard to manage conflict without success, ask your Resident Advisors and Area Directors for help. They can give you advice and (if the situation warrants it) help to mediate a solution with the group. **Utilize your Resident Advisors as a resource. They're here to help YOU.**



## Break the Ice!

1

- Where are you **from**?
- Where did you go to **school**?
- What are some of your **hobbies** and **interests**? What did you do this **summer**?
- What is your **major**, and what classes are you taking?
- What co-curricular **activities** are you involved in?
- What kind of **music, movies and TV** are you into?



## Personal Characteristics

2

- How much time do you need **alone**?
- How do you let people know if you are **Angry**? **Happy**? **Upset**? **Excited**? **Frustrated**?
- How do you usually deal with **stress**?
- How much **sleep** do you need, and when do you sleep?
- What does “**clean**” mean to you?
- What personal belongings are you willing to **share** (e.g., fridge, clothing, video games, microwave, DVDs, etc.)?
- What type of **environment** do you need to study well?

## Living together!

3

- How comfortable are you when making new **friends** and interacting with people you don't know?
- What are your **pet peeves**? What makes you tense?
- What are your **goals** for this year?
- What **beliefs** and **values** are important to you?
- In an emergency, information is critical. Do you have any **allergies** or **medical conditions** I should be aware of? Is there anyone you would want me to **contact** for you?
- If things aren't working out with us, how should we handle it?

## Guests

4

- At what **times** is it ok to have guests over?
- Does the **gender** of the guest make a difference?
- What are your feelings about having a guest stay **overnight**?
- Can friends be over while you're **studying**?



# THE YEAR AHEAD

**Room 4 Growth** might be the first dialog you have on many of these issues, but hopefully it won't be the last. College changes people; as the habits, likes, dislikes and values of you and your roommates evolve, make sure to set aside some time to talk about these topics.

Over the next few months, room conflicts might arise and friendships might become strained. Having a written agreement can be helpful in managing a conflict. Review the agreement, keep communication open and continue to discuss and revise it throughout the year.

For more information about policies, see the Student Handbook at the bottom of the following website:  
[ncwc.edu/bishop-life/resources/](http://ncwc.edu/bishop-life/resources/)

## ROOMMATE RIGHTS

- To Read and Study Peacefully in One's Own Room
- To Sleep Without Disruption
- To Privacy
- To Live in a Clean and Healthy Environment
- To Free and Equal Access to the Room
- To Receive Respect for One's Self, Guests and Personal Property

Individual freedom must be balanced with mutual respect. Remember, along with every right comes the responsibility to ensure you and your roommate are entitled to equal rights.



If you need further assistance or have questions, please contact The Office of Residence Life at [ResLife@ncwc.edu](mailto:ResLife@ncwc.edu).