

Need more information?

For more information contact your Area Coordinator, Resident Assistant, or the Residence Life Central Office.



Residence Life

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We are only a call away!
Residence Life at USI can help.



Residence Life

**Living
as
the
Understanding
Student**

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AT ITS BEST!

A guide to understanding
your roommate, suitemate,
and your building
community.

USI

► **What do I do when I am not getting along with someone in my suite or community?**

The first thing you want to do is ...

Understand the problem

by talking with your roommate/fellow community member to discuss the issues in your suite/community.

Understanding the problem helps you recognize the potential areas of disagreement. There are several ways to help you do this: make a list of the issues, talk with a neutral party, or take a walk and reflect on the situation.

After you recognize the potential areas of disagreement you should reflect on why a solution is necessary for the disagreement to be resolved. Understanding why a solution is important will help you realize the significance of the disagreement.

Realize people may have a different viewpoint or interpretation of the situation. Take a moment and understand the situation from their perspective.

Finally, you should make a list of factors which have impacted the disagreement. These factors may include emotions, past disputes, a recent change in behavior, or a values difference.

Seeking out Alternatives

After you have understood the problem, it is time to seek out alternatives.

Seeking alternatives can be challenging and involves evaluating your resources, defining your options, and determining which is best for you.

So what are your resources...

1. Your Resident Assistant
2. Your Area Coordinator
3. Residence Life Central Office Staff
4. A Professor
5. An Advisor
6. A Parent

So what are my options?

There are many options available to help you through the problem you face. Some of these options include roommate mediations, a Residence Life sponsored program, a room change, and much more. A Resident Assistant, an Area Coordinator, or a Residence Life Central Office Staff member can discuss with you the options available for the issue you are facing.

What is the best option for me?

Choosing the best option for yourself can be a difficult decision, especially when emotions are involved. Use your resources to discuss the different options you have available to make the decision which will best meet both parties needs.

Intentionally Choosing

Choosing the best solution for you can be the most stressful part of solution resolution, but also the most rewarding. Here are a few things to keep in mind as you make your big decision.

1. Understand your involvement in the situation. Accept responsibility for your actions and take an investment in the decision you are making. If you have done something wrong admit it and accept the consequences.
2. Re-evaluate your options. Be sure of your decision.
3. Create a plan of action.
4. Follow through on your action plan.
5. Reflect on the process.

Remember, living as the understanding student is in your hands. All it takes is

Understanding the problem
Seeking out alternatives
Intentionally choosing.



"Anger makes you smaller, while forgiveness forces you to grow beyond what you were".

~Cherie Carter-Scott~