

So now you're a ROOMMATE?!

A guide to living with roommates and how to be a good one.



Living with a roommate is often one of the biggest adjustments to college life. Whether you're moving in with a lifelong friend or someone you've just met, sharing a space takes communication, respect, and teamwork. The tips in this guide will help you build a positive roommate relationship and create a comfortable living environment for everyone.

Being A Good Roommate:

A positive roommate relationship is built on respect, communication, and consideration. Keep these tips in mind to help make your shared space a great place to live:

- Treat your roommate with kindness and respect, including their belongings and personal boundaries.
- Always ask before borrowing or using something that isn't yours.
- Be mindful of your roommate's schedule by keeping noise and lights to a minimum when they're sleeping or studying.
- Clean up after yourself and keep your belongings organized.
- Respect each other's privacy, differences, and comfort levels.
- Handle concerns directly instead of gossiping or posting about your roommate.
- Remember that you don't have to be best friends to be great roommates.
- Give each other opportunities to have the room to yourselves when possible.

Before Move In Day

Once housing assignments are released, you can view your roommate's information in the MyHousing Portal and contact them through their Eastern email. Reaching out before move-in day is a great way to introduce yourselves, get to know each other, and make moving in feel more comfortable.

Need a conversation starter? Try asking:

- What's your favorite TV show, movie, or music artist?
- How would you describe your style or aesthetic?
- What's the strangest thing you've ever eaten?
- If you could recommend one content creator to follow, who would it be?

SOCIAL MEDIA & ROOMMATES



Social media only shows part of a person's story. Avoid making assumptions about your roommate based on what you see online. The Office of Housing & Residential Life does not move or reassign roommates at a student's request for any reason, including content on social media. If you no longer feel comfortable living with your roommate, you may submit a Room Change Request Form for yourself, and Housing staff will discuss available options with you. If you see social media content that suggests a threat of harm to the individual or others, report it to the Office of Housing & Residential Life immediately.

Setting Expectations

Getting to know your roommate is just the first step. Having an open conversation about expectations can help prevent misunderstandings and create a comfortable living environment for both of you.

Topics to discuss together:

- How will you share the room for studying, relaxing, and spending time with friends?
- What are your expectations for guests and giving advance notice?
- How will you divide cleaning responsibilities and keep the room tidy?
- Will you share food or personal belongings?
- How do you typically act when you're stressed or upset?
- How can you let each other know when you need support or some personal space?

Roommate Conflict

Disagreements are a normal part of sharing a living space. Most roommate conflicts can be resolved through honest communication, mutual respect, and a willingness to compromise.

If conflict happens, remember to:

- Don't wait. Address concerns early before they become bigger problems.
- Stay calm. Focus on the issue, not the person.
- Listen. Make sure you understand your roommate's perspective.
- Take responsibility. Be willing to own your mistakes and work toward a solution.

If you're unable to resolve the conflict on your own, don't hesitate to ask for help. Your Residence Hall Staff are trained to coach roommates through difficult conversations or facilitate a mediation when needed.

Roommate Expectation Form

A great roommate relationship starts with a conversation. Scan the QR code to complete the Roommate Expectation Form together and discuss your expectations for living together. Once completed, submit the form to your Residence Hall Staff within one week of moving in or within one week of moving to a new room.



Living with a roommate is one of the most memorable parts of the college experience. While it takes communication, respect, and flexibility, sharing a space can lead to meaningful friendships, new perspectives, and a strong sense of community. Every roommate relationship is different, but approaching it with kindness and an open mind sets the foundation for a successful year.

We hope your time on campus is filled with great memories, lasting connections, and a place that truly feels like home.

Questions? | We're Here to Help!

860-465-5297 | housing@easternct.edu | www.easternct.edu/housing