

Wellness InSTALLments

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July

Campus Resources

FGCU offers a plethora of resources to help you out in a number of situations! Take advantage of these options while you are in college!

- ⇒ [Prevention & Wellness](#)
- ⇒ [Center for Academic Achievement](#)
- ⇒ [Adaptive Services](#)
- ⇒ [Student Health Services](#)
- ⇒ [Counseling and Psychological Services](#)
- ⇒ [The Writing Center](#)
- ⇒ [Career Development Services](#)
- ⇒ [Campus Rec](#)
- ⇒ [Office of Student Involvement](#)
- ⇒ [Multicultural and Leadership Development](#)



WELLNESS TIP

Talk to your roommate about the FGCU Code of Conduct. Even if you don't commit a violation, you could be found in violation of complicity.

Question of the Month

Name one resource on campus that could help with a roommate concern.

Email Diane at dodeh@fgcu.edu with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

Roommates 101



College is a time for new experiences and one of the most impactful of those experiences is living with a roommate. Sharing your journey with a new person can be a wonderful encounter, but it may also pose some challenges. How you handle these challenges will make all the difference. No one said you have to be best friends with your roommate, but you do have to treat each other with respect. **Communication is the key to having a successful roommate experience!** Instead of

dealing with conflict by using the silent treatment, leaving passive-aggressive notes on the whiteboard or retaliating with worse behavior, sit down and talk to your roommate. There will be many situations in which you have to compromise by finding a solution that is acceptable to both of you. You have to give a little in the situation, but you will gain a lot in terms of a happy living environment! Don't forget to talk to your roommate before problems become too big. Intervening early will prevent the situation from becoming intolerable.

Get to Know Your Roommates

1. On a scale of 1 (atomic disaster) to 10 (spotless), how clean is your room?
2. How often are you with your partner? Will they be coming over?
3. How often do you like to have friends over? How long will they stay?
4. What time do you get up in the morning?
5. How late do you stay up before bed?
6. How long is it acceptable for a full trashcan to sit before being taken out?
7. How do you feel about sharing food?
8. On a scale of 1 (freezing) to 10 (sauna), where do you like the thermostat?
9. Do you like to use headphones while listening to music?
10. How often do you do laundry? Every week; When I run out; I just buy new clothes.
11. How long is it acceptable to leave dirty dishes in the sink?



Before Moving Out...

If you are really struggling with your roommate situation, try these options before you decide to move out of your room:

Compromise, communication and consistency are needed in all relationships, not just romantic ones.

- Have a mediation with the RA to review your roommate agreement
- Plan for some alone time away from your roommate
- Set up an appointment with a counselor in CAPS to identify some possible strategies and solutions
- Remember that we all grew up in different circumstances; you may have differing lifestyles, but that is what makes you unique!

