

University of New Haven
Dean of Students Office

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Parent and Family Newsletter

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SPECIAL POINTS OF INTEREST

- Navigating roommate conflicts
- Helpful tips for when your student's midterm performance was not what you expected





IMPORTANT DATES

October 6th

Gym Class Throwback

October 13th & 14th

Homecoming Weekend

October 16th-22nd

Alcohol Awareness Week

October 17th

Midterm Grades Due

October 18th

Wellness Wednesday

October 22nd-24th

Fall Break (No Classes)

October 25th

World Café

For a more detailed list of events happening during the month of October visit:
www.newhaven.edu/families

LIVING WITH A ROOMMATE

For many of our students, going away to college can be the first time they are living with a new friend or a stranger. However, living with a roommate is an important part of the college experience. Roommate conflicts happen, and when they do, it can often be a stressful time for your student. Below are some helpful tips to help your student navigate issues with their roommates.

Roommate Agreement

At the beginning of each academic year, the Office of Residential Life staff works with each set of first-year roommates to develop a Roommate Agreement. This informal document serves as a conversation starter and covers some of the most common trends related to roommate conflicts. These include topics such as cleanliness, sharing possessions, communication, guest/visitors, and study habits, just to name a few. It is designed to give students a proactive approach for resolving conflicts they may encounter throughout the year.

Encourage your student to be open and honest about the expectations they have for their roommates. Only expectations that everyone can agree to follow should be included in the document. While some of our students may become “best friends for life” with their roommate, many others will really need to work towards a sustainable relationship—and that’s OK! Taking the precautionary steps to avoid conflict, like creating a Roommate Agreement, will only ensure a better year for your student.

Be Considerate

One of the golden rules that your student should remember is to be considerate of their roommate. This could be as simple as not watching television when their roommate is sleeping or studying. When students are living in close quarters, consideration is especially important. Students should remember to respect their roommate's belongings and space.

Share

There are many things to talk about between roommates when discussing sharing. Not only should your student discuss what items can be shared and not shared, they should also discuss the sharing of responsibilities.

Roommates should have equal responsibilities when maintaining their shared living space. Frustrations between roommates often occur when there is an unequal division of the work load. Addressing questions regarding responsibilities in the earlier stages of the roommate relationship can help avoid unnecessary conflict in the future.

Compromise

Be sure to discuss the importance of making a compromise with your student. Resolutions to conflicts can be made in the best interests of both parties. This skill will be useful to your student throughout their life. What a better way to practice then with their roommate!

Communicate

One of the most important skills your student will learn by living with a roommate is how to communicate. Developing the skills to constructively address concerns is an important part of establishing a positive living environment. Conflict can often arise when minor issues go unaddressed during the beginning stages of the relationship. Encourage your student to calmly and appropriately express feelings or frustrations in order to be equipped to handle conflicts with their roommate and throughout life.

When living with someone new, there is always an opportunity for a fun and educational experience. Putting in a little extra effort can be the start of a healthy relationship between your student and their roommate.

CONFLICT RESOURCES

Although we encourage our students to first try to resolve any issues between roommates as to encourage healthy life skills and independence, sometimes additional resources may be necessary to address conflicts. Below are a list of resources that your student can use to address roommate conflicts:

1.) A Resident Assistant

Resident Assistants are trained in handling conflicts between roommates. Whether your student requests some helpful advice or needs a roommate mediation, they should always feel comfortable going to a Resident Assistant. They are a great resource in addressing roommate conflicts.

2.) The Resident Director

Each of the University's residence halls has a supervisor. Should conflicts between roommates need additional assistance, the Resident Director is also a trained Office of Residential Life staff member who can help in these situations. If your student does not have the contact information for their hall's supervisor, direct them to the following website:
www.newhaven.edu/student-life/residential-life/staff.php

FALL BREAK

The Fall semester is in full swing. This means Fall Break is right around the corner! Fall break is scheduled for Sunday, October 22nd through Tuesday, October 24th. Here are some helpful things to know about Fall Break.

- No University classes are held during Fall Break.
- Although there are no classes, the University is still open, meaning all offices on campus will operate during normal business hours.
- The residential halls are open! Students are not required to go home during the Fall Break.
- Dining options on campus will operate on limited hours. Have your student check their University email account for the most up to date information regarding available dining options.



MIDTERM GRADE BLUES

On October 17th, midterm grades are available! Be supportive even if your student's midterm performance was not exactly what you or your student expected. Or, celebrate your student's academic success! If things did not go quite as planned, here are a list of resources that will be able to help:

The Center for Student Success (CSS)

Located in Maxcy Hall, The Center for Student Success works to familiarize students with resources available on campus to help fulfill their educational, social, and personal goals. Student Success Advisors work one-on-one with students to help set personal and academic goals that will contribute to their success. Success Advisors are organized by college and your student's last name. To find your student's Success Advisor visit the following website: <https://www.newhaven.edu/academics/center-for-student-success/meet-staff.php>.

The Center for Learning Resources (CLR)

The CLR tutoring program works directly with your student to provide lessons geared toward their individual learning style. In the Writing Lab, tutors address papers with the goals to help students recognize patterns of strengths and weaknesses and learning to independently correct the latter. For more information, have your student visit the lower level of the Marvin K. Peterson Library.

The earlier your student can seek help the better! If midterms grades are a concern, have them reach out today to one of the above listed resources!



If You Need Assistance or
Have Questions Let Us Know!

Phone: (203)932-7432

Email: DeanofStudents@newhaven.edu

Website: <http://www.newhaven.edu/student-life/student-affairs/dean-of-students/>