

Navigating CHANGING ROOMMATES

Sometimes a different quarter or a new school year can bring internal transitions within your living space. Changing roommates, whether it's moving from one set of housing to another (dorms-->IV; School apartment--> Goleta), or certain roommates switching in/out of your living space, can impact your current situation. Moving in with new or random people can feel like a drag because you have to go through the process of becoming comfortable around each other. This process of "starting over" can also be seen as an opportunity to recreate your living space to better fit your comfortability. Let's look at some of the positive aspects of this situation...



COMMUNICATE BOUNDARIES


✧ Take the chance of a clean state to set boundaries with your roommates. Before people establish their habits and form norms within their living space, communicate what kind of space you would like it to be. Schedule who will do which chores, if guests are allowed, or even how you want to organize grocery shopping. Setting these boundaries and rules early can have a big impact on how to settle any conflict later on. Look back at Moving into IV for some insight on this.

FRESH SLATE, FRESH START

✧ Having new roommates may also gives you a chance to move on from any past conflicts you may have with previous (or even current) roommates. Learning from these past roommate conflicts allows you to better navigate certain social situations surrounding roommates. Looking back on roommate conflicts or experiences allows a chance to grow from those events and better form a safe and comfortable living space for yourself. These once negative experiences, can have a possible positive impact later.

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LOSING OLD PALS?

 After living with someone for a certain amount of time, you may have come to grow close to your roommates and this transition could feel like you are losing a friend or a sense of comfort. If you want to stay in touch with any of your roommates, communicate that. Make plans to meet up every once in awhile to catch. Just because you are not living together does not mean you can't keep in touch.