

TOP TIPS FOR LIVING IN HALLS

How to resolve conflict

WHILE SOME CONFLICT IN HALLS IS NORMAL, IT IS STILL IMPORTANT TO RESOLVE IT IN A HEALTHY AND CONSTRUCTIVE WAY:

PREPARE BY SETTING RULES IN ADVANCE



Agree as a household how you'll mutually respect one another should a disagreement arise.

Plan how you'll personally respond if a flatmate upsets you e.g. first, try talking to your flatmate and, if they are still upsetting you, walk away and reconvene discussions after a night's sleep.

GET TO THE HEART OF THE ISSUE



Take the time to really listen to the other person and understand what the problem is. Most of the time it's usually a misunderstanding that can be easily resolved by listening to each other and talking through the issue.

Try to keep on topic and remind yourselves that this is a constructive conversation.

BE TOLERANT



It may be the case that you can't resolve the issue, you are just on opposite sides. In this case, do your best to respect the other person and focus on what matters.

You won't agree on everything.

NEGOTIATE AND COMPROMISE

Find a middle ground. Often when resolving conflicts, you have to compromise. This is the best way to ensure a resolution with which everyone is happy.

Try and figure out what everyone's main expectations and goals are and negotiate a compromise with these in mind.



BE CONSIDERATE

This may be the first time you have lived independently. Be patient and respectful of your other flatmates as you all adapt.

Try to listen to and understand the other person's point of view—pretend you're in their shoes.



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