

## **Factsheet**

- 1. Build rapport with the people living around you, get to know your neighbours in the rooms to the side, above and below, introduce yourself early on as this will make it a lot easier, if and when a problem does arise. Inviting one another along to Welcome activities is an ideal way of navigating first introductions.
- 2. If a problem does arise, try speaking with the person directly, this is where building rapport early on can be useful as you'll know from an earlier conversation with them that you can relate in some way to them and that they're not all that bad a person.
- **3.** If there are issues, listening to the other person's point of view as well as explaining your own can help in trying to come to some sort of understanding or agreement.
- 4. If it is about more than one person then a flat discussion may be the next step to deal with continued recurrences of the same or related problems. If you do meet as a group then establish some ground rules when working through the issues, so that everyone has a chance to hear and reflect upon what the other person is saying.
- 5. A good point to remember is that people act in different ways as we are all individuals; you don't have to agree or disagree with someone all the time. Everyone requires different amounts of personal space and they handle situations in different ways. Just because it's not the way you would do it, does not make it wrong.

- 6. Everyone enjoys a healthy social life and it is a big part of university life, especially as you are getting to know each other at the beginning of term. However, be aware that persistent drunken behaviour can create noise and antisocial problems for others that live with you which can lead to arguments and resentment so try to be respectful of others around you.
- 7. Make an effort to share communal duties; it will pay off in the end! Nobody enjoys doing the washing up, cleaning surfaces, emptying the bin, putting things away. But equally, nobody enjoys continually living in a mess! Work out from the beginning who will do what each week, use it as an excuse to get your flat/floor together, it's a good way to meet people and get to know them.
- 8. Why not cook dinner with others in your flat or on your floor it's cheaper and easier than always doing it by yourself and a great way of getting to know each other. Perhaps taking it in turns to cook for each other on different nights of the week or simply coming together for a shared meal once or twice a week would work well.
- 9. Look out for each other! If someone becomes withdrawn or changes their behaviour, don't be afraid of showing concern; ask them if there is anything you can do to help. If the problem is larger than you are able to assist with, encourage the person to seek help from askUS Student Support.
- 10. If you are concerned because you haven't seen someone for a few days and they hadn't mentioned that they were going away, mention it to someone.

If you are having difficulties with a housemate, the University of Salford's Students' Union may be able to help.

To contact the advice centre: **e**: advicecentre-ussu@salford.ac.uk

The contents of this fact sheet are for information only. You should consult <u>askUS</u> or an advice centre such as <u>CAB</u> before taking any action.

The University of Salford has a one stop shop for student support called askUS and has advisers available for all students, if you have any problems with your private rented accommodation please contact us.

askUS

- a: University of Salford, University House, Salford, M5 4WT
- **t:** +44 (0)161 295 0023 (option 4, then option 2)
- e: askUS@salford.ac.uk

