Living with someone else is a life skill.

Sometimes, students who have never lived with others before may feel uncomfortable sharing a space with someone they do not know. This is an essential life skill for adults, as most people live with others throughout their lives, marriages, and friendships.

During the transition to college

Students often feel overwhelmed with new scholarly responsibilities, living situations, and separation from their homes. In this time of transition, conflict may arise with roommates or peers. It’s often difficult to communicate effectively under these circumstances.

Helping your student deal with a roommate conflict

- Tell them to be open to what their roommate has to say
- Make sure they don’t assume or ignore the feelings of the other people in the room
- Encourage communication between your student and their roommates
- When your student moves in, they will complete a roommate contract with their roommates. Encourage open communication throughout this process.
- Remember to encourage your student to talk to their Resident Assistant (RA) when conflicts arise
- Remind your student that they are not the only party involved; encourage negotiation and compromise
- Moving isn’t ideal, but remind your student that they should know when to quit if a conflict gets too serious; the MRC is here to help with this transition

For more information, please contact us at 973-655-4660 or by email at mrc@mail.montclair.edu

Mediation Resource Center

Montclair State University
Mediation Resource Center

MontclairMRC

Mediation Resource Center

Presents:

Family Guide

What you need to know about your student living on campus
MRC: Where conflict ... meets compromise!

What is the MRC?
The Mediation Resource Center (MRC) is a place where students can talk in a safe and neutral environment. The MRC helps conflicting students to compromise on issues with other students.

Our Mission
The mission of the Mediation Resource Center (MRC) is to strengthen the university community by enhancing student development, encouraging healthy relationships, and assisting students in contributing productively to society.

Hours
Fall 2015
Monday: 11 AM - 5 PM
Tuesday: 9 AM - 2 PM
Wednesday: 12 PM - 4 PM
Thursday: 9 AM - 2 PM

Spring 2016
Monday: 11 AM - 4 PM
Tuesday: 9 AM - 7 PM
Wednesday: 10 AM - 2 PM

History
This is the fifth year the Mediation Resource Center has been in operation. The Mediation Resource Center was developed and is managed through a partnership between the Division of Residence Life and the Department of Counseling and Educational Leadership in the College of Education and Human Services. Staff members from the Office of Residential Education and Services work with faculty members and students from the graduate programs in counseling to provide this service to students.

Services
- Mediation services to resolve interpersonal conflict in a safe, neutral environment
- Psychoeducational programming for students on issues including but not limited to: improving communication skills, stress management, resolving conflict, diversity training, college adjustment and healthy and responsible living
- Blackboard course in residential living
- Assist Community Directors (CDs) in developing residential programs
- Assist Resident Assistants (RAs) and Student Assistants (SAs) in their daily interactions with students; act as a liaison between RAs, CDs, and residents
- Collaborate with campus partners to create student programming that strengthens the campus community
- Assist parents and family members in understanding the campus life experience and potential adjustment needs of students

Contact
Mediation Resource Center
Montclair State University
Bohn Hall Room 444
Residence Life
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