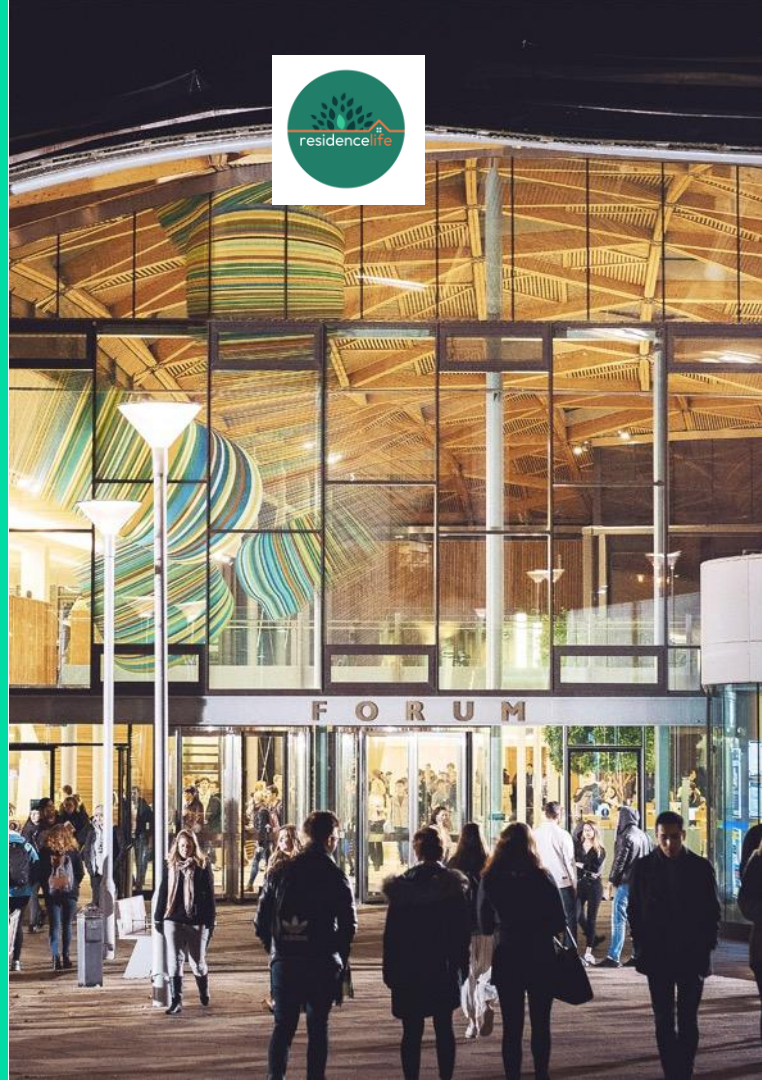


More than just a Room – A guide to living well with others.

Whether you are in a shared flat, catered halls or a single studio we will be looking at some of the challenges that come up, tips for success, what to do if there are issues & any questions you may have.

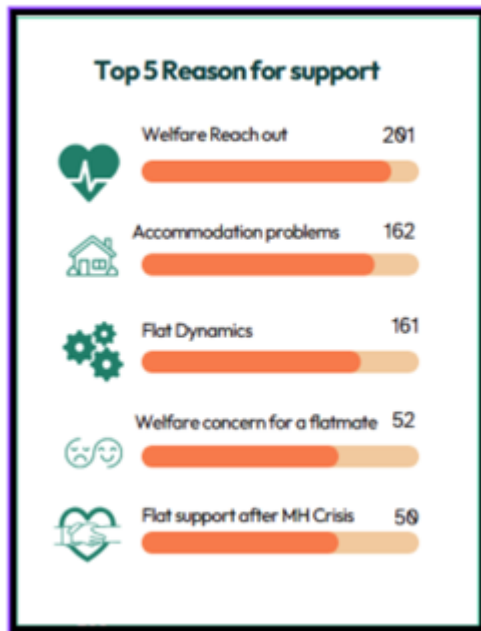
Supporting you to live well in student accommodation in Exeter.



Residence Life Support



Mentors do rounds Monday,
Wednesday 10-7pm &
Thursday 10-5pm.



Residence Life Community Building

University of Exeter

EXETER CONNECTOR

residenceLife
support | community | wellbeing

Events and societies are a great way to meet new people, but what if chatting and meeting people in large groups isn't for you?

Exeter Connector is a different way to meet new people at Exeter, building your community from 1:1 or small group interactions with others.

Scan the QR code to find out more and start connecting with other students.





POSTS REELS TAGGED

WHAT ARE RESIDENCE LIFE EVENTS?

As part of our work supporting students in residence, ResLife run a variety of events giving you the chance to meet people, try new things, and explore the local area

SCROLL FOR MORE

WHAT IS RESIDENCE LIFE?

The Residence Life Team are here to provide support, guidance and advice to students living in University accommodation, as well as community building events and activities.

SCROLL FOR MORE

Alpacas on Campus!

Our furry friends from Little Orchard Farm are coming back! The Alpacas will be here for you to meet and feed while you take a break.

Thur 28 Nov
10am - 14pm
Great Hall Piazza

Chocolate Truffles

Thur 5th Dec
5pm - 7pm
Spreytonway Kitchen

Join us to make some delicious chocolate truffles!

Totnes Xmas Market

16-30pm-8pm
Tue 03 Dec
St David's Station

Visit this very festive and brightly alternative Christmas market with us & get unique Christmas gifts for your friends, loved ones or just for you!

Cooking - Mince Pies

Mon 2nd Dec
5pm - 7pm
Birks Grange

Get into the Christmas spirit early this year, with a delicious festive treat!

Free ticket in the link

Gingerbread Houses

Mon 25 Nov
3:30-5:30pm
Holland Hall Common Room

Join us to decorate a gingerbread house! Free, all materials provided, and no need to book - just drop by!

Mosaic Coasters

Fri 22 Nov
4:30pm-6:30pm
East Park Reception

Create your own mosaic coaster. This is a really satisfying, enjoyable, and easy craft. Free to join, no booking required and all materials included.

FAJITAS

5pm-7pm
Thu 21 Nov
Birks

Join us to make your own fajitas.

Both meat and vegetarian versions available.

Free ticket in bio

ResidenceLife round up

loveactually MOVIE NIGHT

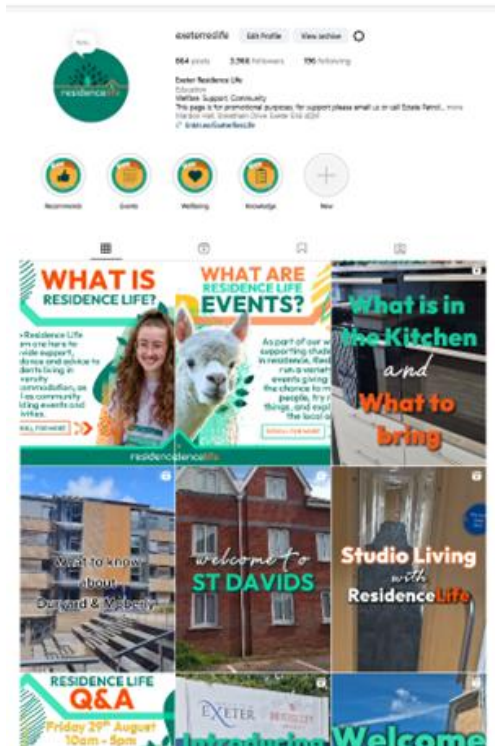
Next screening: Shaun of the dead

Tue 19th Nov
4:15pm - 7pm
Birks Grange Common Room

Get the festive period started with this Christmas classic and some popcorn!

Free ticket in the bio.

Residence Life Information



@exeterreslife

Studio



- Cook for yourself
- Your own private space



- Isolation and loneliness
- There still could be noise/smell
- Cost



- Effort into meeting people- Res life events, Exeter Connector Societies, Give it a go, academic
- Success for all fund/ Careers zone/Handshake
- [Welcome Week - Exeter Students' Guild](#)



Shared flats



- Cook for yourself
- Social space with other people
- Ready formed group of people



- Other people are cooking in a small space
- Sharing jobs in keeping kitchen clean
- Noise
- Compatibility



- Be considerate of others
- Communicate
- Raise up concerns



Catered Halls



- Meals provided
- Lots of people to meet
- Social spaces



- Food to your taste at times to suit
- Corridor of rooms no social space
- Dining hall intimidation
- Noise



- Find your tribe- Effort into meeting people- Res life events, Societies, Give it a go, Exeter Connector
- Introduce yourself to people – prep some general questions
- Smile
- Friendly sign on door



Noise

Noise cancelling headphones

Report it

- Accommodation concerns
- Residence Life
- Estate Patrol

Call Estate Patrol

- Available 24 hours a day
- 01392 723999
- E.Patrol@exeter.ac.uk
- Or contact via the [SafeZone app](#)



Conflict

Is conflict bad?

How do you deal with conflict- What's your conflict style?

- Avoid/resentment -
- Defensive/aggressive-

Types of conflict -

- Bins
- Cleanliness
- Guests
- Use of the kitchen
- Relationship breakdowns
- Differing values/political beliefs

What is bullying - [Dignity and Respect Policy | Equality, Diversity and Inclusion | University of Exeter](#)

	<u>Owl</u>	<i>Collaborating</i>
Owls highly value both their goals and their relationships. They view conflict as a problem to be solved and seek a solution that achieves both their goals and the goals of the other person. Owls see conflicts as a means of improving relationships by reducing tensions between two persons. They try to begin a discussion that identifies the conflict as a problem, and strive to resolve tensions and maintain the relationship by seeking solutions that satisfy both themselves and the other person.		
	<u>Turtle</u>	<i>Avoiding</i>
Turtles tend to value avoiding confrontation more than either their goals or relationships. They often find it easier to withdraw from a conflict than to face it. This might even include completely giving up relationships or goals that are associated with the conflict.		
	<u>Shark</u>	<i>Competing</i>
Sharks typically value their goals over relationships, meaning that if forced to choose, they would seek to achieve their goals even at the cost of the relationship involved. Sharks are typically more concerned with accomplishing their goals than with being liked by others. They might try to force opponents to accept their solution to the conflict by overpowering them.		
	<u>Teddy Bear</u>	<i>Accommodating</i>
Teddy Bears typically value relationships over their own goals; if forced to choose, Teddy Bears will often sacrifice their goals in order to maintain relationships. Teddy Bears generally want to be liked by others, and prefer to avoid conflict because they believe addressing it will damage relationships. Teddy Bears try to smooth over conflict to prevent damage to the relationship.		
	<u>Fox</u>	<i>Compromising</i>
Foxes are moderately concerned with both their goals and their relationships with others. Foxes typically seek a compromise; they give up part of their goals and persuade the other person in a conflict to give up part of their goals. They seek a conflict solution in which both sides gain something; the middle ground between two extreme positions. They are willing to sacrifice part of their goals in order to find agreement for the common good.		

What can help

- Having conversations early
- Everyone being considerate of each other
- Res Life – Facilitated Conversation and support
- Room move
- Mindful mediation – Control how you respond to others if you can't change them
- Phone chats and notes- Be careful

Having a difficult conversation – the more you have the better you get

Source of the conflict- Not doing the washing up

Time and Place -

Amicable approach –

Identify the behaviour that was a problem-critical words avoidance “always, never”

I felt ...

Solution v's compromise

Welfare

Worries about Flat mates
and others



University
of Exeter

Wellbeing Services



Here to help you with your wellbeing and mental health while you're studying with us. We are made up of different specialist teams and can offer:



Mental health and emotional support

Book a 20-minute Initial Consultation with a wellbeing practitioner, either online or in person, to discuss something that is affecting your mental and emotional health.



Disability support

Support with academic adjustments via an Individual Learning Plan (ILP), information on funded disability support, and advice for temporary injuries/conditions.



Education support

Support when your health or wellbeing is impacting upon your studies, or your studies are impacting upon your health or wellbeing.



Urgent support

If you're worried about your own safety or someone else's, support is available. In an emergency, please call 999.



Online support and resources

Internal and external, workbooks, apps and more.

NEXT YEAR'S ACCOMMODATION

MOVE SMART!



University
of Exeter

Aim of campaign:

- Reduce the stress of finding 2nd year accommodation
- Reduce the number of problems that come up later when students are stuck in contracts living with people they do not like and will have conflict with.
- Prevent students feeling like they must sign in quickly and potentially make an unwise choice.
- Prevent students feeling like they are failures at friends etc if they have not got their people to live with yet.
- Let people know that there are more options available-i.e. PBSA (Purpose built student accommodation)

Messaging:

Take your time to find the right place for your accommodation next year. Move Smart campaign has information and advice to you find the right place, people and time for you to get your accommodation for next year.

The idea that you must find and sign into a legally binding document in October is bonkers and completely let by the agents who just want to get people signed up to contracts.

There is not a shortage of accommodation. If people wait, they will find something, but.... If you want an 8-bed house in Vic street these will go fast. Every city will have more smaller properties as most people could not afford an 8 bed.

Any Questions?