Get in the right mindset

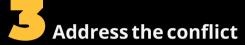
- Your response to the conflict can increase or decrease the intensity of the problem
- Be sure to provide an objective or neutral point of view
- Plan how you are going to work with the other party to achieve resolution.





Analyze the conflict

- What triggered the conflict? Who are you angry with? What are you not getting that you
- What are you afraid of losing? Is your conflict/anger accurate or over exaggerated?
- How can your conflict be resolved?



- Use "I" statements to express yourself.
- Take ownership of your role in the problem.
- Agree to disagree if needed.





Focus on the future

- Create an agreement with goals on how to solve the problem. Be specific when problem solving or creating agreements.
- Create a plan to address the present conflict and those that may come up in the future

Use your resources

- Resources on campus include: Housing and Residence Life Resident Assistants, Student Conduct & Community Standards, or University Police
- If you ever feel unsafe due to conflict, consider making a report to Student Conduct & Community Standards at wichita edu/reportit or calling University Police at 316-978-3450





WICHITA STATE UNIVERSITY

STUDENT CONDUCT AND COMMUNITY STANDARDS