

ROOMMATE AGREEMENT and Instruction Guide

Instructions for Use

Use this agreement to assist you and your roommate(s) to build and maintain a good relationship. This agreement contains communication tips, general expectations for roommate relationships, discussion questions, and a roommate contract. **Read over this information, then together with your roommate(s) answer the discussion questions.** After discussing each topic thoroughly complete the enclosed contract, sign it and return it to your CA. CA staff will make copies of this document for each roommate/suitemate/apartment mate, and keep one for the hall staff.

Why Complete a Roommate Agreement?

- One of the most common causes of roommate conflicts is lack of communication
- To ensure that each roommate's needs are met
- To set "ground rules" for your room
- To start off on the right foot towards an enjoyable roommate experience

Roommate Bill of Rights

As a UAS residence hall community member, the following are rights you can expect and have a responsibility to maintain:

- The right to read and study free from undue interference in one's room (unreasonable noise and other distractions inhibit the exercise of this right).
- The right to sleep without undue disturbance from noise, guests, etc.
- The right to expect respect for one's personal belongings.
- The right to a clean environment in which to live.
- The right to free access to one's room and facilities without pressure from a roommate.
- The right to personal privacy.
- The right to hosts guests (with the understanding and permission of the roommate) with the expectation that guest are to respect the rights of the host's roommate(s), other hall residents, and residence hall policies.
- The right to address grievances. Residence hall staff members are available for assistance in settling conflicts.
- The right to be free from fear of intimidation, physical and/or emotional harm, and racial, sexual or other prejudicial harassment.

General Expectations

Part of the University experience is the introduction to people from different cultural experiences and you. You should therefore be prepared to encounter situations while living in such a diverse community that may challenge you. Your enjoyment of life in campus housing will depend on the thoughtful consideration you demonstrate to your roommate(s) and your neighboring floor mates and hall mates. In addition to abiding by the Student Code of Conduct and the Housing Policies, Housing expects you to establish and maintain a healthy relationship with your roommate(s).

- It is a privilege to have guests in your room/suite/apartment. Both you and your guests need to respect the rights of your roommates and floor mates/hall mates.
- Everyone is responsible for keeping the building clean.
- Respect your roommate(s) belongings – they are not yours.
- Settle conflict peacefully. Your CA is available to assist you in resolving conflicts. However you should try to settle them with your roommate first. The CA should not be your first option.
- Your roommate has the right to read, study and sleep free from undue interference – RESPECT THAT AT ALL TIMES! Unreasonable noise and other distractions inhibit the exercise of these rights.
- Respect your roommate(s) right to free access of the room/suite/apartment.
- Always respect personal privacy of others.
- No one has the right to intimidate or cause physical or emotional harm to others.
- Facilities and fixtures are to be shared.

Communication Tips

The key to any relationship, including the one with your roommate, is communication. You need to be open – ask, listen, and discuss. Don't wait until things build up inside and get out of hand. Before it gets to that point talk it out. Explain in a mature fashion what is bothering you and help your roommate(s) understand why.

Always...

- Be genuine and state what is going well and what isn't going well.
- Listen! Realize that good listening is hard work that takes practice and good intentions
- Be sensitive to each other's moods. Everyone has bad days.
- Clearly state what you are willing to share and not share within the room (i.e. you are willing to share your refrigerator but not your TV).
- When things cannot be worked out seek the assistance of your CA.

Roommate Agreement

(All Questions Should be Answered for All Parties Involved)

VISITATION : Are there times when it would be preferred that friends not be invited to visit the room/suite/apartment? If your visitors were bothering your roommate, how would you like it to be brought to your attention? How do you feel about your roommate's friends using your belongings? Is advanced notice needed?

To help you and your roommate come to a consensus on the hours you will allow guests in your room, a blank schedule has been provided below:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Visitation							
End Visitation							

STUDY TIME : When do you prefer to study? Can you study with noise, such as the TV or a radio, or would you rather have complete silence? Would you prefer to have set study times?

QUIET HOURS : When do you usually go to bed? How much sleep is it important for you to have? Can you sleep with the light on? With music or TV on? What time will you be waking up in the morning? What are you like in the morning? If you were making too much noise, how would you like your roommate to discuss this with you? What time do you feel is too early or too late to make and receive phone calls?

PERSONAL PROPERTY : What items can be shared and which may not? Do you mind if people use your DVD player/TV/Refrigerator/Computer, etc.? Do you want to be asked before things are borrowed?

CLEANLINESS OF ROOM/BATHROOM/COMMON AREAS : How neat and clean do you like things to be? Who will vacuum, dust, wash the dishes, take out the trash, etc? Do you prefer to have special assignments or a cleaning schedule? How often will these things each be done? If you are not as neat as your roommate thinks you should be, how would your roommate to discuss this with you?

OTHER :
