



ROOMMATE RELATIONS

Guide to being a Good Roommate

Brief Introduction

INDEPENDENT LIVING

Having Roommates can be difficult, especially if you've never had to experience living with another person, other than parents, before. In this packet we will provide helpful tips & tricks to maintaining a comfortable and respectful roommate relationship.

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- 1.) BRIEF INTRODUCTION
- 2.) ROOMMATE HELP
- 3.) MAINTENANCE
- 4.) ROOMMATE AGREEMENT



Roommate Help

UNDERSTANDING & EXPECTATIONS

COMMUNICATE BOUNDARIES

People don't magically know you & mind-reading is a rare trait; communicate your comforts and discomforts with each-other so everyone understands what to respect.

YOU DON'T HAVE TO BE "BEST FRIENDS"

The stigma of roommates is that they will always be your "best friend"; this isn't always true. Sometimes a roommate is just a roommate. It's all about respect and communication, friendship is a plus!

BE OPEN TO NEW THINGS

Living with someone means that your worlds are colliding and those worlds could be different. No one is "right" or "wrong", be open to the new experiences that they are bringing instead of judging them for not following YOUR norm.

IT'S OK TO WALK AWAY

If tensions feel high, whether it's externally or internally, take a break. Go to your room, go for a walk, remove yourself from the situation until you can think about it rationally.

MAYBE THEY JUST DON'T KNOW

Everyone was raised differently and can handle things differently. Sometimes if someone isn't respecting your wishes, it's a simple misunderstanding. Daily non-aggressive reminders and check-ins can be helpful to people that are having a hard time adjusting.

SOCIAL INTERACTION, NOT MEDIA

Venting is important, but blasting a roommate on social media or in any form of group environment can make a living arrangement toxic fast. Instead of sharing your frustrations to people outside of the situation, talk to your roommate or a PCA&D counselor.



Maintenance

HOW TO MAINTAIN GOOD ROOMMATE RELATIONS

- Get to know your roommate. Ask them questions about their parents, siblings, friends, hobbies, past jobs/trips, books, music, etc. Your roommate doesn't have to be your best friend for life but you should communicate. Remember to introduce them to visitors and friends who stop by.
- Treat each other with respect. Be aware of each other's sleeping habits, study habits. Be mindful of each other's possessions. Ask to borrow before you touch!
- Work out a system with cleaning, dishes, and purchasing food.
- Establish rules concerning visitors, get-togethers, etc.
- Share and appreciate each other's differences. Try to share each other's strengths. If you are good at a particular subject and your roommate is not, help them out!
- Take each other's taste into consideration when decorating.
- Let your roommate know when you are leaving town or are going to be gone for an extended period. Leave a number where you can be reached if possible.
- Get to know your roommate's schedule. Know when they have classes and what time they start their day to avoid bathroom conflict. It's to your benefit to know where to reach them in case of an emergency.
- COMMUNICATE!!!! Talking is the best way to solve problems.

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Roommate Agreement

OPTIONAL; PLEASE FILL THIS OUT WITH ALL YOUR ROOMMATES

____ (Roommate 1),
 ____ (Roommate 2),
 ____ (Roommate 3), and
 ____ (Roommate 4) are co-tenants at
 ____ (Full Address),

We the tenants all agree as follows:

1. Food

We are each responsible for our own food purchases.; however:

2. Comforts

Everyone has discomforts, take a moment to write specific pet peeves/discomforts below. Try to maintain it

to 3 major things for each roommate:

Roommate 1: _____

My Discomforts are:

- 1.) _____
- 2.) _____
- 3.) _____

Roommate 2: _____

My Discomforts are:

- 1.) _____
- 2.) _____
- 3.) _____

Roommate 3: _____

My Discomforts are:

- 1.) _____
- 2.) _____
- 3.) _____

Roommate 4: _____

My Discomforts are:

- 1.) _____
- 2.) _____
- 3.) _____

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3. Guests (Describe guest agreements)
