

# Welcome!

Welcome to the University of Denver Residence Halls! We are excited to have you here, and excited to start a new year with you.

This might be the first time you are sharing a room with another person, which is a big change! This workbook is designed to help you get to know your roommate and to avoid some of the common pitfalls into which roommates can fall—whether you’ve just met each other, or whether you’ve known each other for years.

Roommates often become good friends, but it is important to know, roommates don’t have to be best friends! Building a good roommate relationship requires the same courtesy, consideration, understanding, listening, and respect that building a good friendship requires.

If you need help as you are completing this workbook, talk with your RA! The RAs are trained on how to help you have these conversations, and how to resolve problems that might come up. Use them as a resource to help you build your relationship with your roommate!

## Helpful Hints for Roommates

1. Deal with issues as they come up instead of letting things build up.
2. Talk to each other often.
3. Be a good listener.
4. Be willing to compromise.
5. Think things over before jumping into an argument.
6. Treat your roommate in a way you would like to be treated.
7. Adopt a positive attitude—expect the best!
8. Write a detailed Roommate Contract Worksheet, and be willing to readjust things as you go through the year.
9. Make sure to communicate about what you need and listen when your roommate does the same.
10. Go to your RA if you need help.

UNIVERSITY OF DENVER / Ruckus art / Original pose / with stripes / August 13, 2003



© Real Characters, Inc.

# Roommate Contract Worksheet

Complete this worksheet with your roommate and turn it in to your RA.

Discussion Items	My Preference	Agreement with my Roommate(s)
1. Study Times <ul style="list-style-type: none"> <li>• When do you like to study?</li> <li>• Do you like noise when you study (radio, TV, talking), or do you like it silent?</li> <li>• Where do you like to study (in the room, the library, the lounge)?</li> <li>• Are you a procrastinator?</li> </ul>		
2. Sleeping <ul style="list-style-type: none"> <li>• What time do you like to go to bed? During the week? On weekends?</li> <li>• What time do you like to get up? During the week? On weekends?</li> <li>• How quiet do you like it to be while you are sleeping?</li> <li>• How much light do you like in the room while you are sleeping?</li> <li>• Are you a light or heavy sleeper?</li> </ul>		
3. Guests/Visitors <ul style="list-style-type: none"> <li>• Do you like to have guests?</li> <li>• Is it ok for your roommate to have guests? How many? For how long?</li> <li>• May guests and/or significant others spend the night in the room? For how long? How much notice do you want if someone is coming?</li> </ul>		
4. Neatness/Cleanliness <ul style="list-style-type: none"> <li>• How clean do you like the room to be? Is it ok for one person to be messy and another person not?</li> <li>• Do you make your bed? Is it important for you for your roommate to make his/her bed?</li> <li>• Who will take out the trash?</li> <li>• Who will clean the microfridge? How often?</li> </ul>		

<p>5. Telephone</p> <ul style="list-style-type: none"> <li>• Will we share a room phone? Do we have cell phones?</li> <li>• Is it ok to talk on the phone in the room when one roommate is sleeping?</li> </ul>		
<p>6. Borrowing</p> <ul style="list-style-type: none"> <li>• How do you feel about sharing food? Clothing? Electronics like printers, computers, TV, stereo, CDs, VCR, DVD, etc.?</li> <li>• Do we need to ask each other before borrowing things?</li> </ul>		
<p>7. Social Behavior</p> <ul style="list-style-type: none"> <li>• What do you do to have fun?</li> <li>• What are your expectations about alcohol, drugs, candles, or other policy violations in our room?</li> <li>• Do you go out on weeknights? Weekends?</li> <li>• Do you like to have people over, or go out to see people?</li> </ul>		
<p>8. Room Arrangement</p> <ul style="list-style-type: none"> <li>• Do you like to have your own section of the room, or do you want to have shared communal space?</li> <li>• What decorations do you like?</li> </ul>		
<p>9. Food</p> <ul style="list-style-type: none"> <li>• What kind of food do you like to eat/cook?</li> <li>• Does it bother you if someone cooks food that emits an odor?</li> </ul>		
<p>10. Communication</p> <ul style="list-style-type: none"> <li>• If one of us has a problem with the other (for example, if change minds about something in this agreement), specifically how should we deal with that?</li> <li>• Do you like to talk about problems, or write a note?</li> <li>• Are you shy in confrontations?</li> <li>• What is the best way to approach you with a concern?</li> </ul>		

11. Other <ul style="list-style-type: none"> <li>• What kind of music do you like? How loud do you like it?</li> <li>• What kind of TV shows do you like? How much do you like to have the TV on?</li> </ul>		
12. In suites: <ul style="list-style-type: none"> <li>• Who buys the toilet paper?</li> <li>• Who does the dishes?</li> <li>• Who cleans the bathroom?</li> <li>• Who cleans the kitchen?</li> <li>• Who takes out the trash?</li> <li>• How often does all of this need to be done?</li> </ul>		

We agree to abide by the guidelines we have set for our room. We agree to talk about things that bother us as these issues arise. We agree to be considerate of each other. We understand that this contract may be renegotiated at any time during the year. We also understand that the Housing and Residential Education staff is willing to help if we have conflicts.

Signatures/Names:

\_\_\_\_\_

Building and Room Number:

## **Top 10 Ways to Respect Your Roommate(s)**

10. If your roommate is sleeping, keep your stereo/tv/ activities in the room quiet!
9. Ask before you borrow their clothes, food, books, etc... know and communicate what you are willing to share, and what you are not willing to share.
8. Ask before having guests over.
7. Be sure to pass on phone messages.
6. Rearrange the room/suite with them - be sure to get their input.
5. Don't keep the brightest light in the room on when they are asleep!
4. Be sure that you are not saying things about them that you haven't said to them.
3. Take turns taking out the trash, and cleaning the room.
2. Understand that you don't need to be exactly alike to live together well, be willing to compromise, and, learn from one another's differences!
1. Communicate, communicate, and communicate!