The Roommate Agreement is a facilitation tool that helps residents identify and communicate their needs, become aware of others’ needs, and negotiate a mutually beneficial environment in their living space. This is a “working” document and may be revisited throughout the year. This Agreement will be beneficial in helping you build healthy relationships with your roommates/suitemates as you discuss your living arrangements. Should you have any questions or concerns please see your RA.

INCLUSIVE PRACTICES
At UVM, we value self-expression and self-identification for all members of our community. One of the ways in which we do this is to include our pronouns when making introductions. *Please feel free to begin adopting this practice as you feel comfortable.

TIPS TO FRAME HEALTHY COMMUNICATION
Question: Ask clarifying questions instead of assuming. This will allow you to gain information and encourage others to share their story (e.g. What happened? How did you feel afterwards?)
Paraphrase: After listening to your roommate/suitemate’s answers try and summarize what you have been told by reflecting the content of the speaker’s message to them.
Affective Statements: Use “I” statements that express a feeling (e.g. I am happy when you... I feel frustrated when you... I felt disappointed when you...)
Reflection: Reflect on the different experiences that each person brings into the situation and the stories each person shared.

*Now take the time to have an honest and open discussion with your roommate(s) on the following topics. Filling out this Agreement thoroughly will help make living together a much more enjoyable experience.

Communication
1. What steps will you take to communicate and resolve disagreements when they arise?
2. What methods will you use to communicate with each other if this agreement is not being followed? How/when will this agreement be revised?

Sharing Space and Belongings
1. What temperature will you keep the space? Will you use a fan and if so, how?
2. Which of your belongings are you comfortable sharing and under what circumstances? What items are NOT okay for another person to use or require special permission to use?

Sleeping and Studying
1. What are the expectations when trying to sleep (wake up/go to bed time, heavy/light sleeper, noise in room, lights-music-TV on/off, etc.)?
2. When will your space(s) be used as a primary place of study? What expectations do you have when studying?
3. Is there a cut off time for when guests can be in the room?
4. Visitors spending the night? How often?

Visitors (*Including Suite/Floor mates)
1. Are visitors allowed in your space? If yes, who is allowed to visit and for how long? May visitors use your belongings?
2. How will you communicate with each other regarding visitors? How much notice is needed? How long may they stay?

Cleaning
1. What does keeping the space clean mean to you? Who will do the cleaning, and when?
2. Suite residents & those who share bathrooms please complete a cleaning schedule.
3. Address the following as appropriate:
   - Trash and recycling
   - Bathroom
   - Common areas

Safety
1. How will you keep your space, belongings, and others in the space safe at all times? When will you lock the door?
2. It may be a good idea to let your roommate(s) know when you’ll be gone from the room for extended periods of time. How will you go about this?

Courtesy
1. What things/activities are you comfortable with in the space? What things/activities are you not comfortable with?
2. Identify and discuss aspects of your identity or experiences that may affect living together. Consider family background, dietary restrictions, cultural or spiritual background, etc.

Alcohol, Cannabis and Other Drugs
The University of Vermont and the Department of Residence Life prohibit the following in the residence halls:
• Possession/use of alcohol
• Parties involving alcohol, Cannabis and other Drugs
• Possession of alcohol, Cannabis and other Drugs in common areas
• Possession/use of any illegal drug is prohibited
• Sale, distribution or provision of any illegal drug
• Drug paraphernalia

You should discuss these rules, your expectations, and the choices you and your roommate(s) will make.

We, as roommates, enter into this agreement fully intending to abide by all agreements we have made. We will work cooperatively with each other and discuss any concerns or issues that may arise. We agree to be flexible and to revise this agreement if it is necessary. Should we encounter difficulty in our relationship that we are unable to resolve by open discussion with each other, we will seek out our Resident Advisor (RA) and ask for assistance in renegotiating our Living Agreement.

Roommate 1 ____________________________ Roommate 2 ____________________________
Roommate 3 ____________________________ Roommate 4 ____________________________