Roommate Agreement

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 roommate(s)/suite mates as you all discuss your living arrangements. Should you have any questions or concerns please see your Resident Advisor (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 preferred pronouns when making introductions.

*Please feel free to begin adopting this practice as you feel comfortable.

Questions to Guide Your Conversations

To begin, if you don’t know each other, here are some questions to break the ice:

1. Tell me about yourself, your family and your hometown.
2. What activities were you involved in during high school?
3. How did you choose to come to UVM?
4. What would you like to get involved in while at UVM?
5. What kind of music do you like?

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/suite mate’s answer try and summarize what you have been told by reflecting the content of the speaker’s message to them.

Affectionate Statements – Use “I” statements that express a feeling (e.g. I am happy when you... I felt frustrated when you... I was disappointed when you broke our contract.).

Reflection – Reflect on the different experiences that each person brings into the situation and the stories they share.

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

Lifestyle

When do we each prefer to go to bed?

What are the alternative times if we each choose to stay up late (e.g. weekends, finals week)?

When do we each prefer to wake up?

How often do we each prefer to study in our room?

How much light/noise do we each prefer when we study/sleep?

What guidelines have we agreed on regarding phone usage?

What hours have we agreed it needs to be quiet in the room (music, TV, phone use, etc.)?

What hours and under what conditions is it alright to Skype in the room?

What are some of our pet peeves?

Property

What belongings are we comfortable sharing with each other?

What belongings are we NOT comfortable sharing with each other?

In the event that a roommate’s belongings are lost or broken, how will it be addressed?

Visitation

Under what circumstances are we comfortable having visitors (including suite and floor members)?

Under what circumstances are we NOT comfortable having visitors?

Do we allow overnight visitors in accordance with the Visitation Policy? (YES/NO/DEPENDING) – circle one.

If YES/DEPENDING, how do we communicate about overnight visitors?

If YES/DEPENDING, how much advance warning would we like to be given for overnight visitors?

Cleanliness

What state of cleanliness would we like our living space to be kept?

How often will we clean our living space?

How will we divide up the cleaning responsibilities (emptying the trash, vacuum, wash dishes, etc.)?

How do we divide the fridge space and keep it sanitary?

Accountability

How will we communicate with each other when any part of this agreement is not followed?

We, as roommates, enter into this Agreement fully intending to abide by all statements and conditions we have discussed. 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 RA and ask for assistance in re-negotiating our Roommate Agreement.

Complex/Room #

Roommate 1 ____________________________ Roommate 2 ____________________________

Roommate 3 ____________________________ Roommate 4 ____________________________

RA ____________________________ Date: ____________________________

White: Students Yellow: RA Pink: RD