

Shaping Your
Home
at Appalachian



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Yourself

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Our Space

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Studies

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Foundations

*With the Residence Hall
Roommate Agreement*

Student Names

Hall & Room #

RA's Name

University Housing

APPALACHIAN STATE UNIVERSITY

Bringing Yosef's Values into Your Communication

Your Opinions: Expressing your views with honesty is beneficial to any relationship, but especially when laying out how you want your year to progress.

Openness: Be open to discussion and each other's views and backgrounds - it will help in the beginning, as well as promote ease in discussion down the road.

Self-awareness: Knowing about yourself and your needs are important when living with someone; acknowledge your strengths, weaknesses, motivations, etc. in reaching agreements.

Engage: Truly listening to one another and caring about what each other says helps in developing a strong relationship among roommates.

Focus on Respect: It's critical to build the foundations of your relationship on respect, which will aid in how discussions go and how effective compromises will be.



Living with a Roommate

While at Appalachian State University, one of the the major challenges you may face will be learning to live and get along with someone you do not know very well. On the other hand, best friends tend to have the most difficulty living together, simply because they did not sit down and talk about ground rules for the year. In either case, talking about expectations is important. You and your roommate(s) may become best friends, or you may not. Whether you spend all of your free time together or do very little together, your experience of living with one another will be equally valuable.

Through respecting one another's space and expressing yourself honestly, you will create an open relationship that will contribute to a successful year. By talking through each of your needs and wants, you will learn that each of you are very different - what seems normal to you may be a completely foreign concept to your roommate(s). Your roommates are not the only ones who have pet peeves or unusual habits; you will need to take a closer look at yourself as well.

Communication is the key to successful residence hall living and you should always strive to keep those lines of communication open. Keep this in mind when first filling out this Roommate Agreement, as it is often the first step students make in addressing their lifestyle with their roommate(s). You may laugh at a few of the questions or think some won't apply to you, but remember it is better to address these before something becomes an issue later.

The Roommate Bill of Rights

All residential students have the following rights:

- The right to study and sleep in one's room, free from undue interference and disturbance from noise, music, guests, etc.
- The right to expect that roommates will respect one another'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 roommates.
- The right to privacy.
- The right to host guests at agreed upon times and with the expectation that the guests are to respect the rights of the host's roommate(s) and other hall residents.
- The right to settle conflicts. Residence Life staff are available for assisting in settling roommate conflicts.
- The right to expect that any and all disagreements will be discussed in an atmosphere of openness and mutual respect, and that it is acceptable, when any roommate feels it necessary, to involve a residence hall staff member in such discussion.
- The right to expect reasonable cooperation in the use of the "room shared" appliances (television, refrigerator, etc.) and a commitment to honor agreed upon payment procedures.
- The right to be free from intimidation, physical harm, and emotional harm.



Completing the Roommate Agreement

The Roommate Agreement is intended to serve as a means of compromise between roommates, while ensuring that each individual's rights are respected. Your enjoyment and satisfaction with residence hall living will largely stem from thoughtful consideration that you demonstrate for one another. As roommates, you should work together and voice your opinions honestly to create a positive and lasting agreement; one that you will continue to hold each other accountable for.

This document will help you reach some agreements on how to have a successful roommate relationship throughout this year. You should complete this agreement with your roommate(s) within one month of arriving at Appalachian State University. When you have finished completing this agreement together, give it to your RA. The roommate agreement will be kept in the hall office for future use, should it be needed.

Please note that this document is only an agreement, not a binding contract. Failure to adhere to these agreements should be first handled between the roommates themselves. If needed, contact your RA for additional assistance with this agreement or with any concerns you may have.

Setting Foundations and Boundaries

What are expectations or goals for:

Year: How is our year going to progress and how can we better our relationship?

Our Room: How clean are we, what is “clean” to us, how do we want common areas to look?

Support: How can we support each other?

Each Other: What are we okay with sharing, how long can one of us borrow something?

Friendship: What do we want our relationship to look like?

Below, please list each list your top three pet peeves:

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____



Lifestyle Standards

If one of us wants to have a friend visit, we will:

- Ask the other roommate first Inform the roommate Other: _____

If one of us is studying or sleeping and visitors of the other roommate come by, these visitors should:

- Leave the room Be quiet Not worry about being quiet

Other: _____

Visitors to the room should leave:

- By 10:00pm By 11:00pm When one of us wants to go to sleep

When ones of us asks them to leave Other: _____

If one of us wants to have someone (of same gender) stay the night, we will:

- Ask the other roommate first Ask the roommate about specific individuals
 Let the roommate know __ days prior We will not have anyone stay the night

If one of us wants to have someone (of differing gender) stay the night, we will:

- Ask the other roommate first Ask the roommate about specific individuals
 Let the roommate know __ days prior We will not have anyone stay the night

If one of us wants to have a family member stay the night, we will:

- Ask the other roommate first Ask the roommate about specific individuals
 Let the roommate know __ days prior We will not have anyone stay the night

If one of us wants to have our significant other stay the night, we will:

- Ask the other roommate first Ask the roommate about specific individuals
 Let the roommate know __ days prior We will not have anyone stay the night

Can one of us have intimate relations in the room while the other roommate is present?

-

Can one of us have intimate relations in the bathroom/shower (suite style only)?

-

What time should we turn off the audible ringer on our phones if expecting texts or phone calls?

- 9:00 pm 10:00 pm 11:00 pm Does not need to be turned off
 Other: _____

Are we okay with music being played or watching TV in the room while both of us are present?

- Yes No Use Headphones Ask prior

Is one of us is sleeping, is it okay for the other to talk on the phone in the room?

- Yes No Quietly, if phone call lasts less than __ minutes

Would we rather keep the temperature in the room cool or warm?

- Cooler Warmer

Do we want to use the a/c (if applicable) or use fresh air from the window?

- A/C Window

When we are home would we rather keep the door shut and locked or propped open?

- Shut and Locked Propped open

If our room is too loud or if one of us is going to sleep, we will:

- Ask the other(s) to be quiet or leave
- Put in earplugs or headphones
- Leave the room

In terms of our alarm clock, we can:

- Press snooze as needed
- Press snooze once
- Not press snooze
- Have it as loud as needed
- Have it at a medium volume level

Things to Consider:

- Locking the door
- Discussing class schedules
- Going to meals together



Living Space

In regards to room decorations (i.e. posters):

- We can put up whatever we want on our side of the room
- We will discuss putting up decorations that the roommate may dislike
- We will have a conversation at the beginning of the year in terms of decorations

In regards to bringing extra furniture (i.e. extra chairs, dressers, etc.) into the room, we will:

- Discuss furniture prior
- Extra furniture is not allowed in the room

If one of us wants to use a possession of the roommate, we will:

- Ask prior to use
- Use and inform roommate later
- Set a list of items that can be borrowed:

If one of us wants to use a possession of the roommate, we will return it:

- After use
- Same day
- Within two days
- Other: _____

What time will we turn off the light at night?

- Weekdays: 9:00 pm
- 10:00 pm
- 11:00 pm
- Other Time: _____
- Weekends: 10:00 pm
- 11:00 pm
- Midnight
- Other Time: _____

If one of us is gone for a couple of days, can the empty bed be used?

- Yes No Ask Prior

In general, can the other roommate's bed be used (i.e. sitting, laying, etc.) by guests?

- Yes No Yes, if informed

How often will we clean the room?

- Weekly Bi-Weekly Monthly As Needed
 Each roommate is responsible for their side of the room

When the trash/recycling is full, we will:

- Take out our own trash/recycling Take turns taking out communal trash/recycling

In terms of common areas, how will we keep our space clean?

- We will use a chore chart We will clean together bi-weekly
 We will clean together as needed We will clean up directly following use

Things to consider:

- This is a shared space
- Communication in use of space
- Washing dishes, laundry, vacuuming, etc.



Communication and Conflict Management

We communicate best through:

- Face-to-face Texting Email Facebook Other: _____

If one of us is doing something that is bothering the other, we will:

- Talk about it right away Talk about it within 2 days Forget about it as an issue

Should conflict arise, we will:

- Talk face-to-face Send a message asking to talk
 Wait two days before bringing up the issue

If one of us is violating a federal, state, university, or University Housing policy, we will:

- Tell the roommate the act is not permitted and ask the roommate to stop and inform the other of notification to the proper authorities (ASU Police or Resident Assistant)
 Tell the roommate the act is not permitted and ask the roommate to stop
 Allow the behavior to continue and accept that both of us will be charged if caught in a rule or policy violation

If one of us is in violation of a part of this roommate agreement, we will:

- Address the issue immediately
- Address the issue within two days
- Look at changing the agreement for compromise

Things to consider:

- What are effective behaviors we can use in managing conflict?
- What are some non-effective behaviors that we should avoid in managing conflict?
- Holding each other accountable
- Compromise is needed to have a positive living experience with a roommate
- Your RA should only be consulted once both roommates have talked about any issues or if serious problems arise



Suite-Style and Apartment Living

The following questions apply to those living in suite and apartment-style residence halls:

House items (i.e. toilet paper, cleaning supplies) will be purchased:

- Separately
- Together
- Through rotation
- Other: _____

Food will be purchased:

- Separately
- Together
- Common items bought together
- Other: _____

How often will we clean the kitchen and/or bathroom?

- Weekly
- Bi-Weekly
- Monthly
- As Needed

In terms of cooking, we will:

- Cook anytime
- Not cook before _____
- Not cook after _____

When we have visitors, they may:

- Use our private bathroom
- Use the public bathroom in the residence hall

Can we leave personal items in the living room?

- Yes
- Only a few items
- No
- Other: _____

In terms of noise level in our apartment/suite, we will:

- Not worry about volume
- Follow Housing quiet hours
- Set apartment quiet hours: _____

Things to consider:

- Food allergies
- Decoration in common rooms
- TV use, sharing of entertainment items
- Use of towel racks, shower and sink space; kitchen storage

Finalizing the Roommate Agreement

We have both discussed and agreed upon our answers in this booklet. If we have any concerns with this agreement or our roommate relationship, we will:

- I. Talk with each other and try to work out the issue to reach a solution
- II. Consult with our RA for help in resolving the issue if we are having trouble reaching a solution

Residence Hall: _____

Room Number: _____

Signatures:

Roommate 1: _____ **Date:** _____

Roommate 2: _____ **Date:** _____

Resident Assistant: _____ **Date:** _____

If applicable:

Suite-mate 1: _____ **Date:** _____

Suite-mate 2: _____ **Date:** _____

**University Housing encourages you to add additional agreements on page 9 of this booklet, where space is provided.*



Revisiting the Roommate Agreement

University Housing encourages you to revisit this roommate agreement six to eight weeks after initial completion, as well as at the beginning of the Spring Semester. Many times, views, habits, schedules, etc. change as students develop and settle during their college experience. This revisit can be beneficial to resolving conflict and moving forward to better the roommate relationship.

How have the agreements worked for us so far? What has worked best?

What is not working for us in our living environment?

Are there any concerns or issues that may be causing tension? What can we do to better the situation?

What needs to change in our roommate agreement? Do we need to expand on our original agreement?

How can we improve our communication with one another?

University Housing



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