

Great Roommate Relationships Take Work

Positive roommate relationships are the foundation of our community development. While it's not necessary to be best friends or share every single aspect of your university life here at UNB with your roommate, it is essential that roommates respect each other's rights. Developing a healthy, positive roommate relationship doesn't happen overnight; it's a continual process, and that process involves the genuine efforts of all parties.

You can make the most of your individuality within our diverse residence community here at UNB by:

- Respecting the rights of others at all times, including their right to study, rest, and have privacy.
- Being open and considerate when communicating with others.
- Showing genuine interest and open-mindedness in exploring beliefs, styles, customs, behaviours, and experiences that differ from your own.
- Leaving some time to get involved in the residence community, or campus- wide activities and by being aware of what is going on in your environment.

Getting the Conversation Started

Questions to Understand Your Roommate's Background

- Where are you from?
- What are your favourite things to do?
- What program are you in?
- What is your high school experience like?
- What are your friends like?
- What would you like to know about me?



Get to know your Roommate's expectations, personal preferences, and habits!

- How neat and clean are you used to keeping your room? How will we clean our room?
- When may there be guests? How long might they stay?
- When do you typically go to bed at night and get up in the morning? Are you a heavy or light sleeper?
- What might your study habits be like? Do you expect to study in our room, or elsewhere?
- What items are you comfortable sharing and what items would you prefer not to have borrowed or used by others? Do you prefer to be asked before someone borrows something? Do you mind if guests use items in our room? May guests sit on your bed?



Get to know your Roommate's expectations, personal preferences, and habits!

- How do you let people know you are angry or upset?
- How would you prefer I let you know that I am angry or upset?
- What is something that is likely to annoy you?
- What will usually cheer you up when you're down or upset?
- How hard / easy is it for you to let people know how you feel?
- At what times / situations do you prefer to be left alone?
- What are your favourite stress-relieving activities?

Roommate Agreement Guide

This form has been developed to serve as an agreement / contract between roommates to ensure that both students' basic needs have been discussed. Roommates should work collaboratively to develop guidelines and strategies that respect each other's rights and needs as well as the guidelines provided by the UNB Residence Community. While it is important that both roommates take an active role in these discussions, your Hall Proctor may also be utilized as a facilitator / mediator.

1) Personal Possessions

What may be shared? What may not be shared? Is permission required for all items? (i.e. computer, microwave, TV, clothing, refrigerator / food etc.)



2) Sleep Schedules

What arrangement / agreements will we decide upon in terms of times for going to sleep and getting up? What will we agree upon in terms of having lights, the TV, or computers on while others are sleeping or trying to sleep?



3) Guests

How do we feel about overnight guests? Given the UNB Residence Community policies around guests (see the Residence Contract section on 'Guests & Visitors to Residence'), how often may guests come and how long may they stay? Is there a difference between guests and boyfriends / girlfriends / significant others?



4) Noise Expectations

Keeping in mind UNB Residence Community policy, what are our definitions of noise? What's loud and what isn't? Are there specific times that noise should be minimized so that we may study, sleep, etc.?



5) Cleanliness and Order

What are our standards of cleanliness for this room? How clean will we agree to keep our room? How will we divide cleaning responsibilities for the room this year?



6) Safety

How will we work to ensure each other's safety? What will our policies on locking the door, staying out all night, etc. be?



7) Communication & Conflict Resolution

How will we agree to communicate with each other when there is a problem or an issue that needs to be resolved?



8) Other Important Agreements



By signing below, we acknowledge that the guidelines pertaining to our room and our roommate relationship listed above are agreed upon as of the date(s) listed below.

We also both understand that should the need arise, we may re-enter into a cooperative discussion about any of the issues mentioned above or others that may arise throughout the year.



Signatures