



Roommate Agreement

Housing & Residence Life | Seattle University

Building/Room #:

Date:

Roommates

1. 2. 3. 4.
Communication is the most important factor in building a good roommate relationship. Many roommates assume they know how each other feels and do not discuss issues. These assumptions are not always correct and can lead to conflict. The Roommate Agreement will help you begin the process of discussing issues that have been found to be common sources of conflict. Once a potential conflict is identified, it can be resolved through compromise before a major problem arises. Your RA is

Breaking the Ice

Is this the first time you are sharing a room?

Our hobbies and interests include:

Our lifestyle choices include (vegetarian, smoking, etc.):

Studying

Our preferences for studying include (ex. studying with the TV on? Studying with music? Studying in silence?):

Where will we do most of our studying?

Alone Time

How will we share with each other when we want to have alone time in the room?

Sleep

Most weeknights, each of us expects to go to sleep by this time:

Most weekend nights, each of us expects to go to sleep by this time:

What is okay to do in the morning while one roommate is still sleeping?

Care of the Room

Indicate how frequently and who will be responsible for the following:

What	Who	How Often/When
Empty trash, recycling, compost		
Vacuum		
Clean sink and vanity		

If the condition of the room becomes a concern for either roommate(s), we agree to address the concern by:

Guests in our Room

We agree that overnight guests of the same sex, who is **not** in an amorous relationship (girlfriend, boyfriend, partner, etc.) with a roommate, **will** or **will not** be allowed to stay in the room (*circle one*).

How much notice should be provided to the other roommate(s) before an overnight guest visits?

Sharing Belongings

Circle whether you give permission for your roommate(s) to use the following items:

Roommate Name:				
TV/Video Games	Y /N /Ask	Y /N /Ask	Y /N /Ask	Y /N /Ask
Furniture (desk, bed, chairs)	Y /N /Ask	Y /N /Ask	Y /N /Ask	Y /N /Ask
Appliances (fridge/ microwave)	Y /N /Ask	Y /N /Ask	Y /N /Ask	Y /N /Ask
Clothing	Y /N /Ask	Y /N /Ask	Y /N /Ask	Y /N /Ask
Food	Y /N /Ask	Y /N /Ask	Y /N /Ask	Y /N /Ask
Computer	Y /N /Ask	Y /N /Ask	Y /N /Ask	Y /N /Ask
Cell Phone	Y /N /Ask	Y /N /Ask	Y /N /Ask	Y /N /Ask
Personal Care Items	Y /N /Ask	Y /N /Ask	Y /N /Ask	Y /N /Ask
Other Items:	Y /N /Ask	Y /N /Ask	Y /N /Ask	Y /N /Ask

Communication

What causes you stress and how do you express stress? How can your roommate(s) help manage your stress or not add to your stress?

How will we tell each other if something is bothering us? (examples: confront it right away, ask RA for advice, etc.)

Add additional pages if necessary!