You may have never shared a living space with someone else. Being a good roommate and enjoying living with a roommate will depend upon your ability to listen, to communicate, and to compromise. As with any relationship, conflicts will arise. It is how you handle these conflicts that will determine your success. This workbook will guide you through the steps of the initial conversations you should have with your roommate, so that you will have a great experience in your residence hall room at Wake Forest University.

GENERAL EXPECTATIONS
- Read your Guide to Community Living. You can not agree to anything that conflicts with these policies.
- Part of the university experience is your introduction to people from different cultural backgrounds. Because you are living in a diverse community, you may encounter situations that challenge you. Open yourself to new experiences and let yourself be surprised!
- Please feel free to invite guests to visit. Remember, however, that variation is a privilege, not a right. Both you and your guests must respect the rights and wishes of your roommate and other residents.
- Earn the respect of your roommate by extending to them the same courtesy you would expect from others.
- Communicate in person, honestly and respectfully. Do not rely on Instant Messages, e-mail or other electronic message boards or notes to tell others what you want or need.

HOW TO USE THIS WORKBOOK
- Read through the information.
- Complete this workbook individually. Identify your own values, habits, and needs.
- Be honest with yourself and your roommate! A Roommate Agreement will not work if you agree to conditions you can not live with or maintain.
- Together with your roommate, Schedule a meeting with your Resident Advisor to complete the Roommate Agreement.
- Return the completed agreement to your Resident Advisor as soon as possible.

COMMUNICATION DO’S AND DON’TS
The Do’s
- Do share your concerns BEFORE things get out of hand. Explain respectfully what is bothering you and help your roommate understand why.
- Do be genuine and straightforward, but polite.
- Do listen carefully. Try to see things from the other person’s viewpoint.
- Do be sensitive to different backgrounds and perspectives.
- Do know what is important to you and what you are willing to give up or compromise.
- Do seek assistance from your Resident Advisor when things cannot be worked out between you.

The Don’ts
- Do not be antagonistic, arbitrary or rude.
- Do not use profanity or make fun of your roommate.
- Do not interrupt when others are talking.
- Do not spread rumors about your roommate. If there is a problem, discuss it with your roommate.
- Do not IM, use online diaries to complain to, gripe about, or talk about your roommate.
- Do not rely on others (family or friends) to solve your problems for you.

ROOMMATE AGREEMENT WORKBOOK
RESIDENCE LIFE AND HOUSING
VISITATION AND GUESTS

- How do I like to receive phone messages?
- How will the CD’s, DVD’s, TV, etc. be shared?
- Do I want to be asked before others use/borrow my things?
- Do I mind sharing my personal items with roommates?
- How do I feel about visitors being left in the room when my
  roommate is getting ready for class?
- If a roommate is making too much noise, how will I tell them?
- Do I have more energy by staying up late or getting up early?
- What amount of noise is acceptable when my roommate
  is coming in late at night?
- What time do I wake up?
VISITATION AND GUESTS
- Do I want to be asked before others use/borrow my things?
- When I am gone, can guests sleep in my bed?
- How do I feel about guests or significant others visiting/staying over night?
- Are groups of friends allowed?
- How much advance notice (if any) would I like for overnight guests?
- What times do I prefer to have visitors? What times do I not want visitors at all?
- How do I feel about guests or significant others using my belongings?
- If visitors are bothering me, how will I tell them? How do I want to be told?
- How do I feel about guests or significant others visiting/staying over night? When are good times for that? Are there any specific rules/concerns about that?
- How do I feel about guests or significant others using my bathroom? Are there any specific rules/concerns about that?
- How do I feel about visitors being left in the rooms when my roommate or I aren’t present?
- When I am gone, can guests sleep in my bed?
- If I were going to be gone for the weekend or longer, what kind of information would I give my roommate as to where I would be or when I would be returning?

HOUSEKEEPING
- Am I very neat, messy, or in between?
- If a roommate is messier or less neat, how can we compensate?
- How do we set up a cleaning schedule?
- Do I prefer certain tasks? Are there some things I can not stand to do?
- Do I like the furniture arrangement?

PERSONAL HABITS
- Am I comfortable with my roommate coming back to the room after drinking? Are there any special circumstances in which they could not return?
- Am I comfortable with my roommate coming back to the room after smoking? Are there any special circumstances in which they could not return?
- What other things about me should others know?
- How do I like the furniture arrangement?
- Do I like guests before others use/borrow my things?
- Do I like the television and stereo to be turned down before going to bed?
- How do I feel about guests or significant others visiting/staying over night?
- When are good times for that? Are there any specific rules/concerns about that?
- How do I feel about guests or significant others using my belongings?
- If visitors are bothering me, how will I tell them? How do I want to be told?
- How do I feel about guests or significant others staying over night? Where are they going to sleep? Are there any specific rules/concerns about that?
- How do I feel about visitors being left in the rooms when my roommate or I aren’t present?
- When I am gone, can guests sleep in my bed?
- If I were going to be gone for the weekend or longer, what kind of information would I give my roommate as to where I would be or when I would be returning?

ROOMMATE BILL OF RIGHTS AND RESPONSIBILITIES
As a Wake Forest University residence hall community member, the following are the rights you can expect and have a responsibility to maintain:
- The right to be free from undue interference in one’s room (unreasonable noise and other distractions inhibit the exercise of this right).
- The right to study without undue distraction from noise, guests in a roommates, etc.
- The right to sleep without undue disturbance from noise, guests in a roommate’s, etc.
- The right to expect that a roommate will respect one’s personal belongings.
- The right to a clean environment in which to live.
- The right to be free from fear of intimidation, sexual, or other prejudicial harassment.
- The right to be free from fear of intimidation, sexual, or other prejudicial harassment.
- The right to free access to one’s room and facilities without pressure from a roommate.
- The right to personal privacy.
- The right to host guests with the exception that guests are to respect the rights of the host roommate(s), other hall residents, and the visitation policy.
- The right to address grievances. Residence hall staff are available for assistance in settling conflicts.
- The right to be free from fear of intimidation, physical, and/or emotional harm, and racial, sexual, or other prejudicial harassment.
- The right to personal privacy.
- The right to host guests with the exception that guests are to respect the rights of the host roommate(s), other hall residents, and the visitation policy.
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DISCUSSION TOPICS
STUDY TIME
- Do I study late or early?
- What times do I study?
- Do I study with others?

QUIET TIME
- Do I usually get to sleep early?
- Do I have a curfew or a time when I must be quiet?
- Would I prefer quiet hours?
VISITATION AND GUESTS
- How will the CD’s, DVD’s, TV, etc. be shared?
- When I am gone, can guests sleep in my bed?
- How do I feel about guests or significant others using my property?
- How do I feel about guests or significant others visiting/staying overnight?
- If visitors are bothering me, how will I tell them? How do I want to be told?
- How do I feel about guests or significant others using my bathroom? Are there any specific rules/concerns about that?
- How do I feel about guests being left in the room when my roommate is not present?
- When I am gone, can guests sleep in my bed?
- If I were going to be gone for the weekend or longer, what kind of information would I give my roommate as to where I could/could not return?
- PERSONAL HABITS
- Am I comfortable with my roommate coming back to the room after drinking? Are there any special circumstances in which they could/could not return?
- Am I comfortable with my roommate coming back to the room after smoking? Are there any special circumstances in which they could/could not return?
- What other things about me should others know? (Sleepwalking, allergies, etc.)
- Do I like to be greeted/greeted by my roommate every time we see each other?
- HOUSEKEEPING
- Am I very neat, messy, or in between?
- If a roommate is neat or less neat, how can we compromise?
- How do I feel about my roommate being intimate with his/her significant other?
- Do I feel about guests or significant others using my bathroom? Are there any specific rules/concerns about that?
- How do I feel about guests being left in the room when my roommate is not present?
- What times do I prefer to have visitors? What times do I not want visitors at all?
- How much advance notice (if any) would I like for overnight guests?
- Are visitors of the opposite sex allowed? At what times?
- Are groups of friends allowed?
- Do I feel about my roommate being intimate with his/her significant other?
- If visitors are bothering me, how will I tell them? How do I want to be told?
- How do I feel about guests or significant others using my bathroom? Are there any specific rules/concerns about that?
- How do I feel about guests or significant others using my bathroom? Are there any specific rules/concerns about that?
- How do I feel about my roommate being intimate with his/her significant other?
- If it’s OK, which items are for common use? Which items are not?

PERSONAL PROPERTY
- Do I mind sharing my personal items with roommates? If it’s OK, which items are for common use? Which items are off limits?
- Do I want to be asked before others use/borrow my things?
- How will the CDs, DVDs, TV, etc. be shared?
- How do I like to receive phone messages?

ROOMMATE BILL OF RIGHTS AND RESPONSIBILITIES
As a Wake Forest University residence hall community member, the following are the rights you can expect and have a responsibility to maintain:
- The right to read and study free from undue interference in one’s room (reasonable noise and other distractions inhibit the exercise of this right).
- The right to sleep without undue disturbance from noise, guests, or a roommate, etc.
- The right to expect that a roommate will respect one’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 a roommate.
- The right to personal privacy.
- The right to host guests with the exception that guests are to respect the rights of this host roommate(s), other hall residents, and the residence hall rules.
- The right to address grievances. Residence hall staff are available for assistance in settling conflicts.
- The right to be free from fear of intimidation, physical, and/or emotional harm, and racial, sexual, or other prejudicial harassment.
- QUIET TIME
- When do I usually go to sleep?
- Can I sleep with other things going on (Lights, music, guests, talking, etc.)?
- How late is “too late” for phone calls or Instant Messages and typing in the room?
- What amount of noise is acceptable when my roommate comes in late? Would it bother me if he/she repeatedly entered and re-entered the room?
- Do I mind if the lights get turned on if my roommate is coming in late at night?
- What time do we wake up?
- How much noise is acceptable in the morning when my roommate is getting ready for class?
- Do I have more energy by staying up late or getting up early?
- If a roommate is making too much noise, how will I tell them? (I don’t want to be told)
- How much “alone” time do I need? Is there a time of day when I like to nap?

DISCUSSION TOPICS
- When do I study (day or night)?
- Do others’ music/TV bother me when studying?
- Do I study in the lounge, my room, or the library?
- Do I study a little each day or cram?
- If cram, do I expect the world to stop and be quiet for me?
- Would I prefer to set study times with my roommate?
GENERAL EXPECTATIONS

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- Please feel free to invite guests to visit. Remember, however, that visitation is a privilege, not a right. Both you and your guests must respect the rights and wishes of your roommate and other residents.
- Earn the respect of your roommate by extending to them the same courtesy you would expect from others.
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The Do’s

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ROOMMATE AGREEMENT WORKBOOK

RESIDENCE LIFE AND HOUSING

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