

Roommate Agreement

Roommate agreements outline standards of behaviours that each roommate agrees to live by in order to fulfill a healthy and happy roommate relationship. Communication is key to a successful relationship between you and your roommate.

How to complete the Roommate Agreement in 2 simple steps:

Step 1. Get together with your roommate/s and review the questions provided.

Step 2. Agree on preferences and fill out the document. Sign the last page and file somewhere that can be easily accessed.

Roommate Name (s):

SLEEP

Roommate Preferences						
		Options	Initials:	Initials:	Initials:	Initials:
What time do you go to bed?		On a Weekday				
		On the Weekend				
What time do you wake up?		On a Weekday				
		On the Weekend				
While sleeping...	All room lights are...	On Off Doesn't Matter	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
	TV/Computer is...	On Off Doesn't Matter	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
	Music is...	On Off Doesn't Matter	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
	Cell phone is...	On Off/Silent Vibrate Doesn't Matter	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
If we differ in our preferences for sleep, we agree to... (e.g., use headphones when roommate is sleeping, keep phone on silent, etc.)						

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STUDY PATTERNS

Roommate Preferences						
		Options	Initials:	Initials:	Initials:	Initials:
What time do you study?		Morning	☐	☐	☐	☐
		Day	☐	☐	☐	☐
		Night	☐	☐	☐	☐
While studying, I prefer...	TV	On	☐	☐	☐	☐
		Off	☐	☐	☐	☐
		Doesn't Matter	☐	☐	☐	☐
	Music	On	☐	☐	☐	☐
		Off	☐	☐	☐	☐
		Doesn't Matter	☐	☐	☐	☐
To be...	Alone	☐	☐	☐	☐	
	In a Group	☐	☐	☐	☐	
	Doesn't Matter	☐	☐	☐	☐	
If we differ in our preferences for studying we agree to... (e.g. study at the library after 10 pm, use headphones for music, etc.)						

TEMPERATURE

Roommate Preferences						
		Options	Initials:	Initials:	Initials:	Initials:
Questions						
What is your ideal room temperature?		Cooler	☐	☐	☐	☐
		Average	☐	☐	☐	☐
		Warmer	☐	☐	☐	☐
		Doesn't Matter	☐	☐	☐	☐
When can the windows be open?		Day	☐	☐	☐	☐
		Night	☐	☐	☐	☐
		Doesn't Matter	☐	☐	☐	☐
If we differ on our preferences for temperature, we agree to... (e.g., keep windows open at night)						

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CLEANLINESS RESPONSIBILITIES

What will be your process for cleaning your room and all common areas? (i.e., schedule, alternate tasks, etc.) *			
			Write Schedule Below
How often will we do the following as a group?	Empty Trash & Recycling	☐ Daily ☐ Weekly ☐ Bi Weekly ☐ As Needed	
	Tidying	☐ Daily ☐ Weekly ☐ Bi Weekly ☐ Monthly ☐ As needed	
	Kitchen Cleaning	☐ Daily ☐ Weekly ☐ Bi Weekly ☐ As needed	
	Dishes	☐ After Use ☐ Daily ☐ Weekly	
	Washrooms	☐ Daily ☐ Weekly ☐ Bi Weekly ☐ Monthly ☐ As needed	
Purchasing Cleaning Supplies	Who is responsible? (e.g., Payment, picking them up, etc.)		

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PROPERTY & BELONGINGS

Roommate Preferences						
		Options	Initials:	Initials:	Initials:	Initials:
You can use the following possessions of mine...	Computer	Yes No Yes, but ask	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
	TV	Yes No Yes, but ask	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
	Other Electronics (tablet, charger, PS4, etc.)	Yes No Yes, but ask	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
	Appliances (curling iron, hair dryer, etc.)	Yes No Yes, but ask	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
	Food	Yes No Yes, but ask	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
	Clothes	Yes No Yes, but ask	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
	School Supplies	Yes No Yes, but ask	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
	Other(s)	Yes No Yes, but ask	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐

SOCIAL ETIQUETTE

Roommate Preferences						
		Options	Initials:	Initials:	Initials:	Initials:
How much alone time do you need?	A lot Minimal Doesn't Matter	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
If we need alone time, how will we communicate that with each other? (create schedule, ask each time, etc.)						

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CONFLICT

	Initials:	Initials:	Initials:	Initials:
How do you like to be approached if there's a conflict? (e.g., face-to-face, in private, by text/ email)				

GUESTS

Roommate Preferences						
		Options	Initials:	Initials:	Initials:	Initials:
Guests may visit...	When Studying	Yes No Depends, please ask	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
	When Sleeping	Yes No Depends, please ask	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
	When I'm not in the room	Yes No Depends, please ask	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
	Overnight	Yes No Depends, please ask	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Any further comments regarding guests? (number of guests, frequency, length of stay, etc.)						
How much notice is needed to let each other know when guests are coming?						

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MEDIATING CONFLICT

Here is a quick guide for what to do when the roommate agreement is violated, and/or you’re experiencing roommate conflict.

1. Sit down together without distractions, in a private space.
2. Set guidelines for discussion. These can include some or all of the following:
 - a. Focusing on the facts of the situation
 - b. Confidentiality (we agree not to discuss this with our floor-mates or people that it doesn’t concern)
 - c. Using “I Statements” to share feelings
3. Give each other room to speak. It’s important not to interrupt each other while sharing your frustrations.
4. Be honest about your needs and what you want to get at the end of the mediation.
5. What are the easy wins? Consider if there are small changes you can make to mitigate the conflict.
6. Take some time to brainstorm solutions for the conflict. Do this individually first, and then share ideas together.
7. Write down any and all agreed changes.

Signatures	
☐ We agree to the terms and values described in this roommate agreement and will do our best to communicate and learn from each other over the course of the year.	
Name: Signature:	Name: Signature:
Name: Signature:	Name: Signature: