

Responsibilities

It is important for roommate (s) to share the responsibilities that are part of their residence hall experience.

How will phone messages be handled?

Security

Keeping the room secure is an important matter that should not be neglected. We agree that when we are not in the room, it should be kept locked (Please initial)

Roommate A _____

Roommate B _____

Roommate C _____

If lifestyle or schedule conflicts arise, we will resolve them by:

If one of our roommates violates an agreement, we will address it by:

My signature below signifies that I agree to the living guidelines that my roommate (s) and I have determined by completing this workbook

Signature

Date

Signature

Date

Signature

Date

Name:
Date:
Building & Room #:
Phone#:





Guests



The purpose of The Roommate Guide is to encourage you to establish an open dialog and facilitate communication with your new roommate(s) so that each of you may enjoy a positive residential experience at Stony Brook. The guide also provides you with a variety of worksheets that can help prevent conflicts over common issues that may arise. You and your roommate(s) have received a copy of The Roommate Guide to complete and discuss. We encourage you to use this guide as a means of developing a positive

	Roommate A	Roommate B	Roommate C
Are guests allowed in our room?			
If yes, how many at once?			
Male?			
Female?			
When?			
Anytime?			
Restrictions?			
Days/times?			



Visitation

We agree to handle visitation concerns by:

Residents are welcome to host guests in the residence halls. Residents wishing to host a guest must gain consent from all roommate/suitemates to ensure that they are comfortable with the request. Permission to host an overnight guest can be granted for a maximum of three nights in a seven-day period in the residence halls. A guest pass must be issued by a [Residence Hall Staff Member](#).

Courtesy



In your new living situation, chances are that you and your roommate (s) will have very different schedules and living preferences. It is important for you to discuss these issues in the beginning to ensure that each roommate is being considerate of everyone's needs.

- When I am sleeping, I prefer (Examples: No noise, minimal light, no guests in the room):

Roommate A:

Roommate B:

Roommate C:

- When I am studying I prefer (Examples: No noise, I like to study alone):

Roommate A:

Roommate B:

Roommate C:

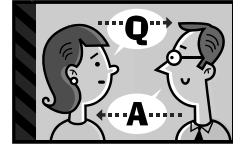
- If a roommate is going away for a period of time, I prefer (Examples: Make others aware, Leave a note) :

Roommate A:

Roommate B:

Roommate C:

Communication



The key to a good roommate relationship is developing positive, open communication.

You've moved in and met the people that you will be spending a great deal of time with in the coming months, your new roommate(s). It is important to discuss your likes and dislikes with your roommate(s) to develop a positive living environment. Many roommates say that after living together for awhile that they can "read" each other pretty well. The more information you share with one another in the beginning, the easier it will be to learn to respond to one another throughout the year.

10 Conversation Starters To Improve Communication

- ⊙ You will know I am in a good mood or a bad mood by...
- ⊙ When I am angry or upset I let others know by...
- ⊙ Some things that cheer me up are...
- ⊙ I prefer to be alone when... and I will let you know this by...
- ⊙ Things that will usually disturb me are...
- ⊙ In my spare time I like to...
- ⊙ When I do something you don't like, I wish you would...
- ⊙ When you do something I don't like, I will...
- ⊙ The kind of relationship I would like to have with my roommate is...
- ⊙ Something that makes me laugh is...



Cleaning

Name: _____
Roommate C



Items To Share

Task	Roommate A	Roommate B	Roommate C
Vacuuming/ Sweeping			
Trash Removal/ Recycling			
Picking up room			
Cleaning Out Refrigerator			
Other: _____			

Item	Yes	No	Ask	Additional Comments
Stereo				
TV				
Furniture				
Appliances				
Food				
Bed				
Jewelry				
Toiletries				
Clothes				
Computer				
Refrigerator				
Other _____				

If we disagree on cleanliness, we will resolve our problems by:

Name: _____
 Roommate B



Items To Share

Item	Yes	No	Ask	Additional Comments
Stereo				
TV				
Furniture				
Appliances				
Food				
Bed				
Jewelry				
Toiletries				
Clothes				
Computer				
Refrigerator				
Other _____				

Name: _____
 Roommate A



Items To Share

Item	Yes	No	Ask	Additional Comments
Stereo				
TV				
Furniture				
Appliances				
Food				
Bed				
Jewelry				
Toiletries				
Clothes				
Computer				
Refrigerator				
Other _____				