

ROOMMATE GUIDEBOOK

YOUR GUIDE TO LIVING
WITH ROOMMATES IN THE ANNEX



WELCOME TO RESIDENCE!

This Roommate Guide is designed to help you and your roommates avoid situations of unresolved conflict. Each section of this guide highlights an area that is important to discuss as roommates to learn about each other's preferences, routines, and expectations early in the year.



GETTING ACQUAINTED



It is important to develop a relationship with your roommates. Getting to know them is the first step in creating a great living environment. It is important that you all respect each other.

QUESTIONS TO CONSIDER ABOUT YOURSELF:

How do your work and school schedules compare to your roommates?

Are there any pet peeves that your roommates should know?

Is there anything your roommates should know about you to avoid future conflicts?

QUESTIONS TO ASK YOUR ROOMMATE(S):

What do you like to do for fun?

What hobbies do you have?

What program are you in?

Where are you from?

Why did you choose Trent?





RESPECT AND COMMUNICATION

Communication is key to any healthy relationship and is especially important when you are living in a shared space. It is important to discuss household responsibilities, personal preferences, and set rules at the beginning of the year.

QUESTIONS TO CONSIDER:

What is the best way for someone to communicate with you? For example, do you prefer to communicate through text messages, phone calls, face-to-face, or social media?

When is communication between roommates necessary?

What does mutual respect mean to you? How will you show respect to your roommates?

What are your preferred pronouns?

Is there anything your roommates should know that might be helpful if you are upset?



SAFETY & SECURITY



Trent University values the safety of its students, and students must also work to ensure they are doing their part. You are also responsible to take safety precautions, such as locking your doors, to improve the safety of you and your roommates.

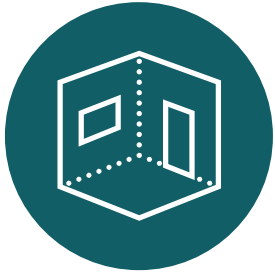
QUESTIONS TO CONSIDER:

When will you agree to lock doors and windows?

Whose responsibility will it be to lock the front door?

Will you be locking your bedroom door?

What will be your policy on guests?



PROPERTY & COMMON SPACE

The use of shared space and items can lead to conflict between roommates. It is important to set boundaries and expectations at the beginning of the year to limit misunderstandings and tension. Be sure to respect your roommates' personal belongings and ask before using something that is not yours.

QUESTIONS TO CONSIDER:

How will the shared living room be used? (i.e., studying or leisure?)

How will the refrigerator and cupboards in the kitchen be shared?

Are you comfortable sharing...

- food?
- dishes and cutlery?
- personal items?

How will household items (such as cleaning supplies, toilet paper, dish soap) be purchased and used?

How would you like to decorate and personalize the common spaces in your apartment?

What will the bathroom and shower schedule be in the mornings and evenings, or when several roommates have similar routines?



CLEANING

Keeping the apartment clean is the duty of all residents. You and your roommates should discuss cleaning expectations and consider making a cleaning schedule.



QUESTIONS TO CONSIDER:

How will you share chores such as sweeping, recycling, garbage removal, and bathroom cleaning?
How often will these tasks be completed?

What will be your unit's policy about dirty dishes?

How will you communicate with each other when you are not satisfied with the level of cleanliness?



SLEEP & STUDY

Proper sleep and study schedules are important to your academic success, health, and wellbeing. Discuss your sleep and study schedules with your roommates to ensure everyone's needs are met.

QUESTIONS TO CONSIDER:

Are you a morning or night person?

When do you usually go to bed?

When do you usually wake up?

Are you a heavy or light sleeper?

Do you plan to study in your unit or elsewhere?

Can you study with music on or with guests present (in your room, in the unit)?

What are your expectations of roommates coming home late at night/early in the morning?

How might your alarm affect your roommates?

GUESTS & FUNCTIONS

Having guests over is a privilege that comes with responsibility.

Before inviting people over you must be sure that your roommates are comfortable with it. As well, during your guest's stay, you are responsible for their actions.



QUESTIONS TO CONSIDER:

How social/quiet do you want your unit to be?

How do you feel about functions and social gatherings (parties) being held in your unit?

What are the expectations of the host prior to hosting a function in your unit?

Who is responsible for cleaning up after guests and/or functions?

How far in advance should you ask for your roommates' consent before having a guest or function in your unit?

How do you feel about having overnight guests in your unit?

Where is it okay for overnight guests to sleep?

Which common space areas are okay for overnight guests to use?

When is it okay for guests to be in your unit? For how long?



SOUNDS & LIGHT

Light and sound effect everybody differently. It is important that everybody is comfortable in the environment. If you are participating in activities such as watching TV, listening to music, or playing games it is your responsibility to make sure that you are not interfering with your roommates right to sleep or study.

QUESTIONS TO CONSIDER:

What is your tolerance for noise?

When does your unit need to be quiet?

What does this mean for the use of stereos, televisions, and laptops? Does it differ on weekdays or weekends?

When will you turn on/off lights?

Does the time of day matter?

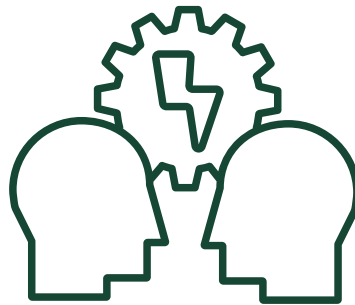
How will you communicate with one another if you have a concern about noise or lights in your unit?



RESOLVING CONFLICT

Living with others can cause conflict. It is best to resolve the conflict right away by respectfully and directly talking it through.

If more support to resolve your conflict is needed please contact your Don.



QUESTIONS TO CONSIDER:

How will you approach one another if you have a conflict or concern?

What is the preferred method of communication for each of your roommates?

What steps will you take if someone does not uphold the Roommate Agreement?



RESOLVING CONFLICT



COMMUNICATION

- Listen without interrupting each other
- Show understanding of the problem
- Present your point of view on the situation
- Explain how you feel



NEGOTIATION

- Brainstorm possible solutions for the conflict
- Accept the need for necessary compromise
- Choose a fair solution for both parties
- Implement the resolution plan



CONSOLIDATION

- Evaluate how your plan is carrying out
- communicate your feelings



Roommate Agreements

All residents who live in apartment style residence or double/triple occupancy rooms must fill out a Roommate Agreement in the company of their Community Don. These Roommate Agreements are filled out in early September to aid residents with establishing clear boundaries and cohabitation needs with their new roommates.

Residents are responsible for booking a meeting with their Don. Their Community Don will let them know how to arrange the meeting, whether it be via a Booking App or through Teams Message.

Roommate Agreements are not stagnant and can be changed with the Community Don as the needs of the residents change. Roommate Agreements are meant to support students as they navigate potential conflict throughout the year. In discussing the topics of cleanliness, shared space, noise and guests, Students will discuss their own wants and needs before conflict arises.

Roommates are helpful in reducing conflict within shared spaces and provide a starting place when conflict arises.

TRENT HOUSING

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 Trent University Housing Services

 [trenthousing](https://www.instagram.com/trenthousing)

