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## Student Living Roommate Guide

We are excited to have you move on campus and be a member of our residential communities!

You may be living with a roommate for the first time and excited but also a little nervous. It's pretty normal to be both and we wanted to create a guide that can help you "break the ice" and learn how to live with a roommate(s).

First think about things that are important to you in your living space. Use the questions below to consider aspects of living in a room or suite together.

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### Your Personal Living Space Considerations and Reflections

Things I need to reflect on as I share a room or living space....

**Personal Belongings/Use of Your Possessions:** Are you okay with someone borrowing your things? What things are you willing to share (Ex: electronics, food, movies, books, bed, etc.)

**Security:** What are some important considerations you have when thinking about safety and security for yourself and your belongings? (I.e. Do you want the door locked when no one is in the room? Do you want guests in your room when a roommate is not there? Etc.)

**Room Cleaning/Cleanliness:** How do you like your room to appear? Clean and tidy? Decent but not spotless? How do you want to share the responsibility for having a clean room? (Ex: Emptying trash, vacuuming, expired food in fridge, etc.)

**Phone Use:** Do you talk on the phone a lot? How long do you usually spend on a phone call? Do you prefer private phone conversations or are you fine if people are around while you're on the phone? Do you prefer others to keep their phone conversations private?

**Quiet Hours/Study/Sleep:** When do you study? Do you need a quiet environment to study? When do you go to sleep? When do you get up? Are you a light or heavy sleeper? What is OK for your roommate to do when you are sleeping in the room? What is not okay? Do you nap?

**Guests:** How comfortable are you with your roommate having guests in your room? What gender of guests are you comfortable with, same gender or opposite gender (remember our visitation hour policy)? When is it okay with you to have guests in the room? When is it not okay to have guests in your

room? How often? What are guests allowed to do in the room? (Ex: sit on your bed, borrow belongings, etc.)

**Communication:** When you are stressed how do you respond? What do you need when you are upset? Are you comfortable approaching those with whom you disagree? How do you approach that person?

**Socializing:** How often do you go out? Are you going to be around on weekends? What do you like to do for fun?

**Stereo/TV:** When do you watch TV? Listen to the stereo? What type of music do you listen to? Are there any shows that you watch regularly?

**Bathroom (Butler & Ostapenko):** How do I want to share the cleaning of these spaces with my roommates? Do I want to split costs for some common cleaning products or common items? Do I want guests using our common space?

**Kitchen (Ostapenko):** How do I want to share in the cleaning of the kitchen, microwave, and refrigerator spaces with my roommates? Do I want to split costs for some common cleaning products or common items? Do I want guests using our kitchen space? Do I mind my roommate eating food or cooking with my things? What are kitchen and/or food items that are off limits (ex. Skillet, ice cream, favorite cookies, etc.)?

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## Roommate(s) Getting to Know You Questions

Now, that you've thought of a few areas that are important to you in your living space let's consider ways you can learn about these areas that are important to you AND your roommate(s).

We REALLY encourage you to communicate with your roommate(s) before you move in. This helps with settling in and transition into a smooth, fun living arrangement.

Try these ice breakers:

- What made you choose Marymount University?
- What are you most excited about doing this year?
- If there's one place you could go and visit where would you go?
- What's your favorite movie, book and/or TV show?

After you've broke the ice maybe try a few more in depth conversation starters...

## About my history, family, cultural and ethnic background

Take turns responding to the questions before moving to the next.

- What I would like to tell you about my family...
- How my closest friends and family would describe me...
- The way I characterize my neighborhood, my city/town, and the diversity of people who live there...
- The extent to which I have been exposed to people from other countries and/or cultures...

- The type of ethnic food or home cooking I enjoy...
- What I was most involved in before coming to college (high school, religious or community activities, etc.)
- What I miss most while being away from home...
- What I miss least about being away from home...
- How often I plan to go home...
- The funniest or most embarrassing thing that ever happened to me in high school...

### **Some things that I want my roommate & I to know about one another**

- Take turns responding to the questions before moving to the next.
- The grades that I hope to earn and how important they are to me...
- What is noisy to me...
- How much sleep I like to get and the time I like to sleep...
- How late I usually sleep when I don't have class...
- How I feel about alcohol and other drugs...
- How important it is for me to have my room neat and clean...
- What things it's okay for you to borrow or use...
- What things I prefer not to lend or be used...
- How I feel about having men/women in the room and/or significant others staying over...
- How I feel about physical intimacy occurring in our room (kissing, petting, sex, etc.) ...
- The kind of music I like best...
- What I like to watch on television...
- What my daily schedule looks like...
- Something unique about me...

### **Some things about my personal and social style**

Take turns responding to the questions before moving to the next.

- You know I'm in a good mood by this...
- You can tell when I'm in a bad mood when...
- How easy or difficult it is for me to let people know what I am feeling...
- When I am feeling down this usually cheers me up...
- What I am like when I first meet someone who is really different from me...
- Times that I prefer to be left alone...
- Something that can make me tense or uneasy...
- Something that is likely to annoy me...
- My idea of relaxing is...

Okay, so now that you've gotten to know yourself and your new roommate(s) a little better you will have a smoother transition into thriving in student living.

Remember, you need to continue to communicate with each other. And if you run into issues contact your Community Assistant (CA) for help or Student Living (703) 284-1608 to support you in your living arrangement.