



Happy Roommates

Tips to successful Roommate Relationships

UVU HOUSING & RESIDENCE LIFE

NON-Discrimination

Utah Valley University does not discriminate. The following office has been designated to handle inquiries regarding non-discrimination: EDA/Title IX - 801-8635704 BA203

Contact Us!

UVU HOUSING & RESIDENCE LIFE

UVU Housing & Residence Life

(801) 863-8659

housing@uvu.edu

SL214

  
@uvuhousing

NEED A ROOMMATE?

UVU provides an easy way to find other students looking for roommates. You can create a roommate profile and connect with other students looking for roommates. Visit our website for our resources to find the perfect roommate!



10 Roommates Tips & Tricks

1 Get to Know Each Other

Living with a stranger? Take some time to get to know each other. You don't have to be best friends, but knowing a little about your roomie can create mutual respect and understanding.

2 Look Out For Each Other

Have Each other's back. Balancing School, work, a social life, and a decent sleep schedule can be stressful. Check in and watch for signs of anxiety or depression in each other and be there as support.

3 Create a Roommate Agreement

These agreements contain a set of rules and expectations each roommate agrees to live by in the apartment. The best roommate agreements are facilitated through roommates rather than a landlord.

4 Guests

Make sure your roommates know when guests are over. Especially when a large group of people is expected to be at your apartment.



5 Clean Up After Yourself

Doing your dishes and keeping things clean is an easy way to reduce stress and tension between roommates and helps to maintain good hygiene in your apartment.

6 Mutual Respect & Consideration

Consider listening to music or watching Netflix with headphones, sharing the T.V., and keeping a clean space. Consider how your actions will affect your roommates. Respect them and show consideration for them through small actions.

7 Set Quiet Time

Set apartment quiet times as soon as possible. Once these times have been agreed to, respect them, and plan activities held in your apartment around those quiet times.

8 Borrowing Belongings

If you want to borrow one of your roommate's belongings, be sure to:

1. ASK
 2. Promptly return or replace it
- This includes food in the fridge or pantry.

9 Roommate Conflict

Address conflict immediately to prevent unnecessary anger and resentment. Talk directly to your roommate, be direct rather than passive aggressive. UVU Ombuds can help settle serious roommate disputes.

10 Take Time To Yourself

Take time to yourself to recharge. communicate when you need some time alone.

