

Need to Find a Roommate?

College Pads 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.

Check out www.uvu.rentcollegepads.com to find the perfect roommate!

HAPPY ROOMMATES

Tips to Successful Roommate Relationships

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UVU Department of
HOUSING &
RESIDENCE LIFE
UTAH VALLEY UNIVERSITY

10 Roommate Tips & Tricks



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. Who knows, you might have more in common than you thought!

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. Exchange emergency information with one another.

Create a Roommate Agreement

Roommate agreements that are facilitated through roommates rather than a landlord. These agreements contain a set of rules and expectations each roommate agrees to live by before they move in. Visit our website www.uvu.edu/housing/search.html for a free template.

Company Etiquette

If you plan to have company over, particularly a large group of people, send your roommate a text to let them know. Make sure your guests leave at a decent hour and utilize your apartment's clubhouse space when possible.

Do Your Dishes

Doing dishes is an easy way to reduce stress and tension between roommates and to maintain good hygiene in your apartment. Have a respectful conversation with your roommate if they haven't done their dishes.

Mutual Respect & Consideration

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

Set Apartment Quiet Times

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.

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.

Roommate Conflict

Address conflict immediately to prevent unnecessary anger and resentment. Talk directly to your roommate and be direct rather than passive aggressive. UVU Ombuds can help settle serious roommate disputes. You can give them a call at 801.863.7237

Take time to Yourself

Take time to yourself to recharge. Communicate when you need some alone time. If you aren't physically able to leave the space, turn on your favorite movie with headphones, take an extra long shower, or a relaxing bath.