

GETTING ALONG

Here are some tips to keep in mind once you and your roommate move in together:

- You don't have to become best friends
- Keep an open mind and get to know your roommate
- Look for alternative solutions to problems or conflicts that may arise
- Try to communicate problems before they escalate, talk with your roommate first if this isn't enough to solve the problem then ask a mutually trusted advisor to mediate
- Apply liberal doses of respect
- Remember that you can't change your roommate's behaviour but you can manage your own frustration/anger
- Make sure that you have personal space that is just for you
- Try to always be polite to your roommate and the guests that they have over
- Be honest—if something is bothering you express it!!

CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or email us at carletonwellness@gmail.com



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Choosing a ROOMMATE

Because living with someone else is not always easy.



613-520-6674

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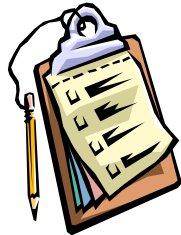


Before Choosing A Roommate

Choosing a roommate is not always an easy decision. It is important that you decide what is best for you before you commit to living together. Don't just hope that things will work out—optimize your chances of having a good experience.

How compatible is your prospective roommate on the following points:

- Noise tolerance
- Temperature preference
- Lighting levels
- Need for quiet study time
- Schedules (class, work and other)
- Early bird or night owl



You may want to consider the following personal habits:

- Hygiene
- Use of possible irritants or allergens such as: toiletries, smoke and certain foods



Good roommates do not have to be friends. Just be polite, considerate, and respectful.



How Compatible are You?

Take the following into consideration when determining how compatible you and your potential roommate are:

- Neatness
- Decor
- Financial Responsibility
- Guests
- General cleanliness of the shared space
- Personal habits



Can you and your prospective roommate agree on adjustments that may be necessary if one of you has allergies, a disability or a physical or mental illness? Are you able to cope with such challenges? If the answer to either of these questions is no, sharing a space may be a questionable choice for both of you.

Making an Agreement



- You will be sharing common areas with your roommate; belongings will be present in these areas
- When you decide to become roommates, why not make some agreements regarding how you will share that space?
- If your roommate is assigned to you and not a choice, write-up a roommate agreement that is relevant to such a situation
- Plan for the unexpected: What happens if someone can't pay the rent or expenses?

6 suggestions on what to include in a roommate agreement:

- 1) Items that each roommate will be bringing to the shared spaces
- 2) Responsibilities for payment of shared expenses (such as food, toiletries, cable etc)
- 3) Identification of private space or personal belongings
- 4) Chores: who, how often, consequences if not done
- 5) Guests/Parties: number, length of stay