Chances are…

as the year goes by, you will need to have many conversations with your suitemate(s) about your living arrangement and preferences. We encourage this! In a few weeks, you’ll sit down with your roommate and complete a formal “Suitemate Standards Agreement.” If at any time you and your suitemates find you are not living up to this agreement or if the agreement is not working for you, it’s time to talk again!

Here are some ideas and advice to help you out:

⇒ Set up a specific time to sit down and talk that is convenient for everyone. Don’t try to start a discussion as your suitemate(s) is headed out the door.
⇒ During your meeting, don’t be accusatory. Use “I” statements such as, “I feel stressed when there are dirty clothes are on the floor.” Be specific about the actions that are upsetting you and how they affect you. Target the behavior, not the person!
⇒ Stick to the issue at hand; don’t tip-toe around conflict.
⇒ Revisit your Suitemate Booklet as needed.
⇒ If you are having problems reaching a resolution, contact your RCC or RD.

Questions? Please contact your RCC or RD.

You may also reach the Residence Life Office at:

3209 North 15th Street
Phone: 253-879-3317
Fax: 253-879-2932
E-mail: reslife@pugetsound.edu

Creating healthy relationships that work!
So, you and your suitemate(s) just moved into your new home? Your new room won’t feel quite like home until you and your suitemate(s) take some time to talk to one another and learn what makes each of you tick. Remember, the best part of college is meeting so many new and unique people! Your roommate is one of those interesting new people! You may or may not become the best of friends (we hope you do!); however, building positive roommate and community relationships will help you have a safe, respectful, and fun experience while living on campus!

Communication is key!

This booklet will help you begin the process. Before you start, here’s what you’ll need to do:

- Read through all the questions individually and seriously think about what is important to you.
- Set a time to meet together with your suitemate(s) to review your answers.
- Take turns answering each item and discussing each topic. BE HONEST with yourself and your roommates. Remember, you aren’t limited to the topics in this booklet!
- As notable differences arise, it is important to negotiate, compromise, and learn from each other throughout the process.
- Be prepared to draft some shared expectations, which will help you fill out your “Suitemate Standards Agreement” later.

My suitemate(s) can use my:

(please circle your answers)

<table>
<thead>
<tr>
<th></th>
<th>whenever</th>
<th>ask me</th>
<th>sorry, no</th>
</tr>
</thead>
<tbody>
<tr>
<td>room:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>stereo:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>cds/dvds:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>computer:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TV:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>clothes:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>food/drink:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Their guests can use my:

(please circle your answers)

<table>
<thead>
<tr>
<th></th>
<th>whenever</th>
<th>ask me</th>
<th>sorry, no</th>
</tr>
</thead>
<tbody>
<tr>
<td>stereo:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>cds/dvds:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>computer:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TV:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>clothes:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>food/drink:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Important things my suitemate(s) should know about me: (academic pursuits, class and sleep schedules, how I communicate, social activities and habits, likes and dislikes, pet peeves, interests)

- How much time do you anticipate spending with your suitemates?
- What types of activities will you and your suitemate(s) do together?
- Should you keep suitemate conversations private or is it okay to share them with friends?

Safety Concerns

- Locking the room:
  Agree to always lock your suite when you leave—when you walk to the lounge, shower, leave the building, etc.

- Following policies:
  If one roommate is doing something illegal or against campus policy, how will that affect the other?

- Allowing to people to enter your suite when no one is there:
  How does this decision made by one roommate affect the other?

- Room set-up and fire hazards:
  Have you each set-up your “side” of the room according to the room set-up guidelines?

- What other safety concerns do you have?

You’re on the road to a successful and healthy suitemate relationship!
Overnight guests...
(please circle your answer)

My roommate’s guests can stay overnight*:

Whenever  Ask me  Sorry, no

*Per Residency Policy of the Logger Student Handbook, roommates should always consult roommates before overnight guests are invited. Guest may stay no longer than 3 nights unless otherwise approved (refer to the Logger Student Handbook).

Take some time to think about some expectations you have. How do you feel about the gender of your roommate’s guests? Write down your thoughts here:

Guests Anytime...
(please circle your answer)

My roommate can have guests over in the room:
What days/time?  While you’re studying?  Should they be in the room if neither roommate is present?  Can they sit on the beds or chairs? Write down your thoughts here:

In the suite, I’d like: (circle all that apply)

A clean floor  Laundry picked up
Dishes put away  A shared alarm clock
Messages taken  ___________
Trash taken out  ___________
Organized space  ___________
A pleasant smell  ___________

When I study, I need: (circle all that apply)

dead silence  Music (type)  ___________
People around  TV  ___________

I plan to study in the:
Room  Library  SUB  Other: ___________

I am a: (circle all that apply)

athletic  vegetarian  smoker
napper  meat-eater  ___________
organized person  vegan  ___________