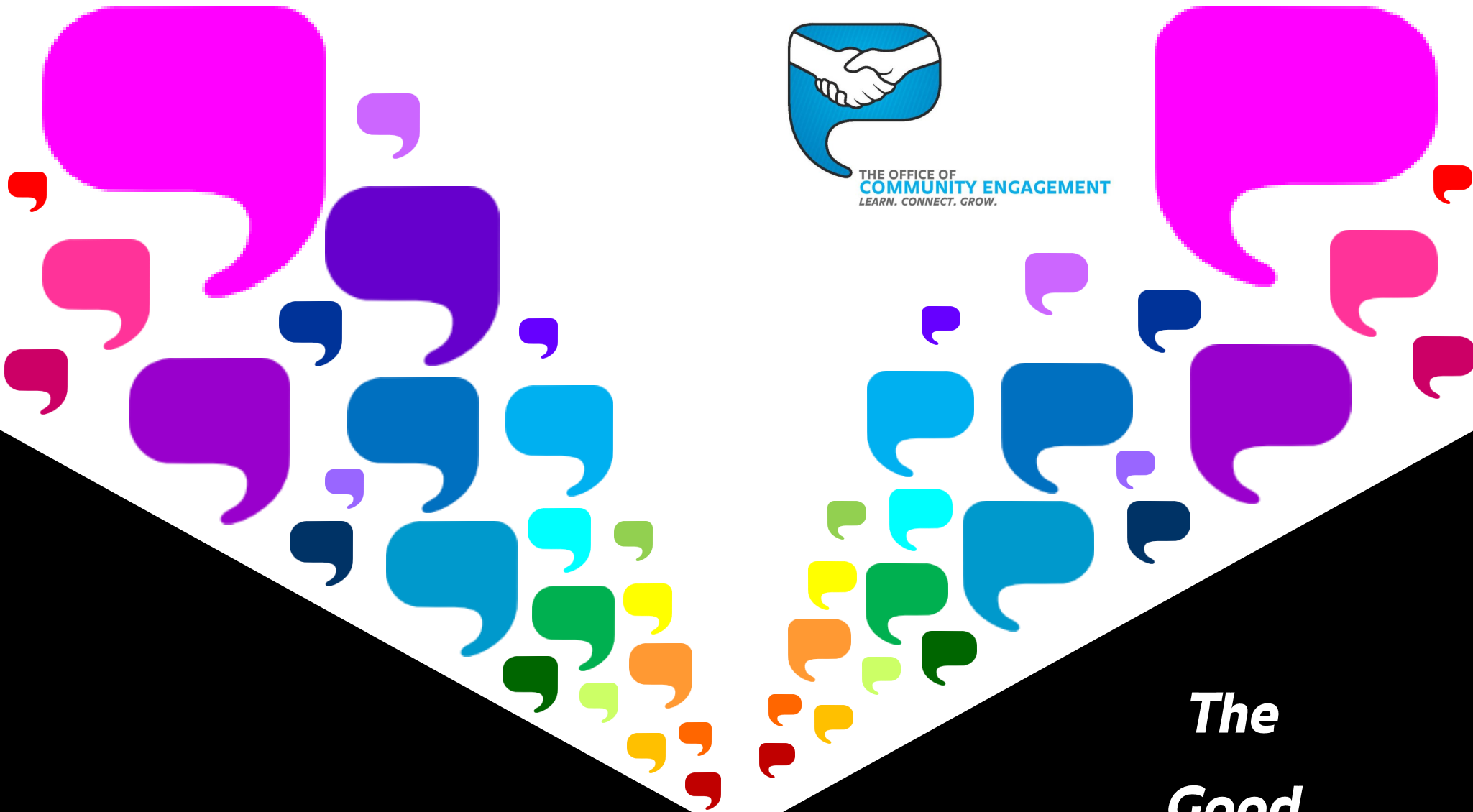




THE OFFICE OF
COMMUNITY ENGAGEMENT
LEARN. CONNECT. GROW.



***The
Good
Roommate
Guide***

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My RA is....

NAME:

ROOM :

Final Thoughts

Follow the advice and tips in this guide and you will be well on your way to a successful start to your time here at Purchase. The Office of Community Engagement is here for you, so please let us know if you have any questions or concerns. We are glad you are here and hope you have an amazing year!

Beginnings

Welcome to Purchase College, your home away from home for the next nine months. We're glad you've chosen to live on campus this year!

To best prepare yourself for life with your roommate, we've put together the following helpful hints. Remember that your college experience isn't just about the education you will receive in the classroom; outside of the classroom you will also grow by challenging yourself and your identity, and exploring the kind of person you want to be. Your relationship with your roommate is a great place to begin this process. Read on, and be ready to learn something about yourself!

While you and your roommate do not have to be close friends or share every aspect of each other's lives, you will need to learn to live together and will experience parts of college life as a team. The best way for you and your roommate to get to know each other and avoid unintentional conflicts is to talk about your likes, dislikes, personalities, and attitudes.

Your roommate most likely grew up in a different family, was educated in a different school, formed a different set of friends, and developed a set of values, beliefs, opinions, and habits that are different from your own.

Some find it awkward at first to discover each other's backgrounds, goals, motivations, and lifestyles. Others have little difficulty exploring these conversations. However, the patterns of cooperation, communication, and mutual trust can help make your room an enjoyable and comfortable place to live. We encourage you to sit down together and agree to a living environment that is mutually beneficial. Your RC and RA are available to assist you in getting to know your roommate and to help you complete a roommate agreement.



“The College Roommate” Myth

Living with a roommate can be one of the most rewarding, fun, educational, and (especially before you arrive) worrisome aspects of coming to college. Movies and TV shows portray roommates as your best friend or your worst enemy. Rarely is either situation the case. The truth is that a roommate relationship is like most relationships – it requires mutual respect, understanding, a common set of goals, and a good sense of humor. Many roommates become good friends and grow to value and enjoy each other’s company. Some become life-long friends. A few simply aren’t compatible, even after putting extra effort into the relationship. In those cases, we work to make the living situation as comfortable as possible and, if necessary, make room changes.

What is a Roommate Agreement?

Whether it is your first semester in a residence hall or your seventh, it is always important to spend time setting expectations about shared living spaces. The Office of Community Engagement has the tools and resources to help you accomplish this. One of these tools is a “Roommate Agreement.” This is a document that highlights major aspects of shared living so that you and your roommate(s) can set clear, successful expectations for your space.



Don’t have a roommate agreement but want one?
See your Resident Assistant or Residence Coordinator

Office of Community Engagement, Campus Center North, Second Floor
Office Manager, Campus Center North, (914) 251-7040
Office Manager, Student Services Building, Third Floor, (914) 251-6320
The Olde Community Center, Apartment RCs, (914) 251-3170
Farside RC Office, Farside First Floor, (914) 251-6344
Crossroads RC Office, Crossroads First Floor, (914) 251-6345
Big Haus RC Office, Big Haus First Floor, (914) 251-6340
Outback RC Office, Outback First Floor, (914) 251-3029
Fort Awesome RC Office, Fort Awesome First Floor, (914) 251-6348

University Police Department

EMERGENCY, (914) 251-6911

Non-Emergency, (914) 251-6900



Need Help?

Academic Resource Center, Student Services Building, Second Floor

Advising Center, Room 225, (914) 251-3990, advising@purchase.edu

Learning Center, Room 213, (914) 251-3996, learning@purchase.edu

Athletics and Recreation, Athletics Center (Gym), (914) 251-6530

Career Development Center, Student Services Building, Second Floor, (914) 251-6370, career.development@purchase.edu

Counseling Center, Humanities Building, Basement Level, (914) 251-6390, cou.counseling@purchase.edu

Wellness Center, Fort Awesome Rooms 133, 134 (914) 251-6665, wellness@purchase.edu

Enrollment Services, Student Services Building, First Floor, (914) 251-6300, financialservices@purchase.edu

Services include: Financial Aid, Financial Services, Registrar Office

Health Services Center, Campus Center South, Lower Level, (914) 251-6380, hse@purchase.edu

Office of Access and Accommodations, Student Services Building, (914) 251-6035 COU.accommodations@purchase.edu

Office of International Programs and Services, (914) 251-6032, study.abroad@purchase.edu

Purchase College Association, Student Services Building, Room 317, (941) 251-6962, pca@purchase.edu

Services include: Cable, Laundry, the Loop, Vending, Chartwells, MORE Card

Having a conflict?

You and your roommate(s) are bound to hit some tough Patches, all relationships do. That's why it is important to establish clear, healthy patterns of communication.

Here are some steps you can make to resolve things on your own:

- 1)** Have you all talked to each other? Communication is the first step to resolving a conflict.
- 2)** Use your RA: Your RA is a great resource for many things including being a third set of eyes and ears to help you and your roommate(s) work through conflicts.
- 3)** Compromise: This will require you spending the time to understand what each person in the conflict values/wants and trying to find a middle ground together. The infamous "agree to disagree" can also assist compromise as it allows you to stand up for your needs/opinions without invalidating the others.
- 4)** Expect Success: Entering a difficult conversation or conflict with optimism can help set you up for success. This also applies to the goals/changes you create and commit to in response to the conflict. Creating realistic goals to avoid future conflict, starts with setting communication goals and ends in exploring ways you all can help make your space a great place for everyone.

TIP #1:

Questions to ask:

- What do you think are the most important things for us to work on as roommates?
- What type of environment helps you feel comfortable?
- What is the best way to communicate if one of us does not agree with the other's actions/behavior?

TIP #2:

Use "I" statements: This lets you take ownership of your feelings. It removes the blaming tone and will probably decrease defensiveness.

"You are always loud and are such a pig. I can not stand it!"

VS

"I am uncomfortable when the room is not clean and I cannot study when there is a lot of noise."

Communication

Living with someone on-campus is an enjoyable, exciting experience. It may also be a new experience to share a living space with someone, especially someone you do not know. You and your roommate(s) will share events of your lives, joys, frustrations, and in many cases, the same group of friends. In order to make this relationship as strong as possible, it is essential to communicate openly and effectively with each other. This guide will offer suggestions on how to accomplish this.

Say "Hi!"

Basic communication is the starting point for any good relationship.

A simple "Hello! How are you," can establish an immediate connection and lead to topics of discussion which allow you both to interact on a deeper level. Just remember to do your best to be friendly and kind.



Be clear, open-minded, and firm when creating your roommate agreement.

Roommate agreements are intended to establish ground rules and to foster a mutual understanding of each other, which in turn can foster a healthy roommate relationship. Because this is the foundation of your mutual understanding, it is essential to voice all concerns and preferences when creating the agreement. Be clear, concise, reasonable, and don't be afraid to speak up.

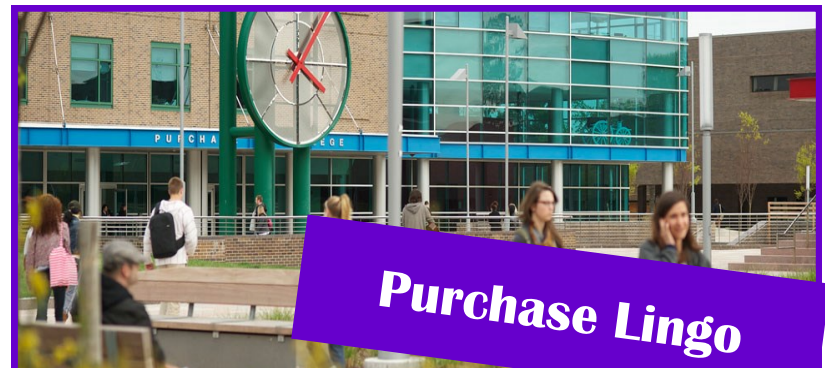
Quiet Hours

Quiet Hours are times when the highest priority is given to the conditions necessary for students to sleep and/or study within their rooms in the residence hall.

In order to create an environment conducive to studying and privacy, any activity such as playing stereos and televisions loudly, yelling, tap dancing, slamming doors, running or any other activity that creates a disturbance is prohibited in the residence halls. Any activity that produces noise that interferes with quiet hours is prohibited. Violations of quiet hours may result in disciplinary action.

Quiet Hours

Sunday-Thursday 11:00pm-8:00am
Friday & Saturday 1:00am-10:00am



Purchase Lingo

UPD : University Police

RA: Resident Assistant

RC: Residence Coordinator

THE STOOD: Student Center

SOUTHSIDE: Campus Center South

THE HUB: Campus Food Court

SSB: Student Services Building

THE LOOP: Purchase Bus Route

D-HALL: Main

Dining Hall

OCE: Office of Community Engagement

AAO: Access and Accommodations Office

PSGA: Purchase Student

Government Association

PCA: Purchase College Association

Community

Being a part of a community means living in close proximity and interacting on a regular basis with a diverse group of students who share a common purpose. As part of a residential community, you must be respectful and considerate of others and take responsibility for the safety and well-being of the group and your shared living environment.

Community Engagement Policies & Procedures

Residents are responsible for abiding by all policies, rules and regulations for on-campus living, including but not limited to:

Purchase College Policies

<https://www.purchase.edu/Policies/default.aspx>

Student Handbook

<http://www.purchase.edu/CampuslifeAndAthletics/studentHandbook/>

Purchase College Community Standards of Conduct

[https://www.purchase.edu/Departments/studentaffairs/
communitystandards/tableofcontents.aspx](https://www.purchase.edu/Departments/studentaffairs/communitystandards/tableofcontents.aspx)

Community Engagement Housing License Agreement

[http://www.purchase.edu/sharedmedia/residencelife/residence%
20life%20agreement%202015-2016.pdf](http://www.purchase.edu/sharedmedia/residencelife/residence%20life%20agreement%202015-2016.pdf)

Remember: If it's illegal off-campus, it's illegal on-campus. University property does not insulate residents from being accountable for their actions. Those residents who are positive and active community members are vital to the quality of life on campus.

Abiding by the regulations set forth is a major part of developing a supportive residential community that encourages academic, social, and personal growth. While most residents demonstrate respect for others in the community and conduct themselves in an appropriate manner, the small number of individuals who do cause problems may have a negative effect and disrupt the entire community.

Failure to comply with University and/or Community Engagement policies may result in disciplinary action.

Be an active listener.

This is not only a technique for conflict management, but is a good idea in any situation. Active listening is re-stating or paraphrasing what you have heard in your own words to confirm what you have heard and display understanding. Additionally, when listening, provide full attention to the person, avoid interruption, listen for feelings and key phrases, and provide encouragement.

Don't assume anything.

Body gestures, tones of voice, and mannerisms sometimes come across as offensive when they are not intended that way. If you are unsure if something was intended as aggressive or if you think someone is upset, address the situation by asking, for example, if there is something wrong. Simply providing this sort of question expresses an interest in having open communication with your roommate and shows them you don't want to create any issues. Additionally, never assume you can use something that belongs to your roommate – set the rules of sharing belongings in your roommate agreement.

Don't let issues and questions pile up.

1. If you notice a roommate seems unlike their usual self, do something such as inquire how their day is going. Provide them with the option of talking with you if they would like to.
2. If you are unsure of anything at all, ask. The majority of roommate conflicts arise through a lack of addressing discomfort and tension between roommates.
3. Always address people individually. This tactic establishes the discussion on a personal level and forces a larger sense of mutual respect than would be created through a group discussion and lecturing.

"The single biggest problem in communication is the illusion that it has taken place."

- George Bernard Shaw

Be Respectful

Respect is a key component of a healthy roommate relationship and successful community. Whether it's respecting other's values, belongings, time, or responsibilities, this aspect of the roommate relationship helps build long lasting connections within your residential community.

Diversity

Diversity is built upon the concept of difference- being different or perceiving someone as different from you. There is a negative stigma associated with this idea and despite this, most people learn the most when faced with diversity.



What does this mean for you?

The ability to learn about other cultures, religions, or ways of life can be a great and beneficial experience... maybe even fun! Stay open to the possibility that you both have a great deal to teach and learn from one another.

Take the time to discover what you have in common and explore your differences. Think about all the things that make up “you” and how that could be different than those around you.

Lifestyle choices (i.e vegetarianism, alcohol use, hobbies)

Cultural background

Spiritual life

Holidays observed

Family and hometown traditions

These are all examples of “the what that makes the who” or the attributes/aspects of your life that make up you. As you begin to learn things about one another, you can develop a better understanding and appreciation for how you and your roommate/community are different.

R-E-S-P-E-C-T

Find out what it means to you! Before learning to respect others you need to learn what “respect” means to you. When do you feel most respected? When do you feel disrespected? How do you show respect to others? These are all great questions to ask yourself as you try to define what respect will look like for you.

Respecting your space

Sharing a space also means sharing a responsibility to make it a safe place for both you and your roommate.

- 1) Lock your room & carry the key(s) with you
- 2) Follow policies
- 3) Guests

These are all aspects of sharing your space that should be discussed and agreed upon to ensure your space is safe.

Respecting each other

In order to respect your roommate's time and space....

Allow for uninterrupted study time.

Be quiet when you come home late.

Take long phone conversations elsewhere.

If you need the space, ask.

Skype, Facetime, Social Media apps - make a ruckus when it won't be disruptive.

THINK WIDE OPEN

Purchase College, SUNY is an open-minded community where engagement with the creative process leads to a lifetime of intellectual growth and professional opportunity. The tag THINK WIDE OPEN embodies the unparalleled educational environment sparked by the interaction of the arts, sciences, and humanities on a single campus - essentially a creative and intellectual laboratory.

Students in rigorous programs in both the liberal arts and sciences and in professional conservatory training programs in the visual, performing, and theatre arts routinely inspire, inform, and collaborate with one another and with faculty members who are among the most accomplished in their fields worldwide.