

Personal Assessment

It is essential that you determine what is important to you in your living situation. The following discussion items are offered as a guide to help you learn about sharing your living space with others.

Please read the following questions, then select the answers that most accurately reflect your personal preferences. Be truthful with your responses. Differences of opinion are to be expected and should be worked out. Select multiple answers when appropriate.

After you have completed the Personal Assessment form to identify your preferences for yourself and your roommate(s), you will discuss topical areas (i.e. sleeping habits, study habits, personal property etc.), and reach an agreement on these issues. This combined sheet will be turned in to your Community Facilitator.

Sleeping

I sleep best when....

- a) the room is completely silent and dark
- b) when the TV is on or music is playing
- c) the light is on

I hit the snooze button on my alarm...

- a) never
- b) at least once
- c) more than I should

I take naps...

- a) daily from ____ to ____
- b) twice daily
- c) never

The following behaviors will never happen in the room while a roommate is sleeping:

The following is also important to me regarding sleep:

Studying

I prefer to study:

- a) during the morning
- b) during the afternoon
- c) during the evening
- d) late at night, into the early morning

I prefer to study:

- a) in my room
- b) in a common area of the suite or hall
- c) outside of the residence halls

I find the following is conducive to studying...

- a) complete silence
- b) having the stereo or TV on
- c) being alone
- d) being with others

If I am studying with a group...

- a) I will go to a public space
- b) I will ask before inviting the group to our room

The following is important regarding studying

Communication

When I am upset, I prefer to....

- a) talk about things right away
- b) take some time to think, then talk about what is bothering me
- c) not talk about things

If my roommate(s) is(are) upset with me, I prefer to be approached....

- a) right away
- b) after some time has passed
- c) when guests are not present

If I were gone for a weekend or longer, I would...

- a) want my roommate(s) to know where I am
- b) let my roommate(s) know when I would return
- c) prefer not to let my roommate(s) know my whereabouts

The following is essential regarding communication:

Personal Property

My roommate(s) may use the following possessions of mine:

	Ask first		No	
	Yes			
a) Stereo/iPod				
b) Television				
c) Appliances (i.e. hair dryer)				
d) Xbox/Playstation/Wii				
e) Computer				
f) Clothes				
g) Food				

Guests

What is a reasonable duration of a guest's visit?

- a) 2 hours
- b) 4 hours
- c) Does not matter
- d) Ask first

I prefer that significant others...

- a) be allowed any time
- b) leave when I go to bed
- c) leave when I go to bed unless previously discussed on an individual basis
- d) leave when I am in the room

I prefer that guests from campus and visitors from outside of campus:

- a) be allowed any time
- b) leave when I go to bed
- c) leave when I go to bed unless previously discussed on an individual basis
- d) leave when I am in the room
- e) not be left alone in the room ever

The following is important to me regarding guests to our room:

Security

For safety and security reasons, I would prefer that the room...

- a) be locked at all times
- b) be locked when we are not in the room
- c) be locked only when we are not in the room
- d) be locked when I go to bed or when I am sleeping

The following is important to me regarding security:

Overnight Guests

I prefer to be asked about overnight guests by my roommate(s)...

- a) at least a day in advance
- b) the same day that the guest is spending the night
- c) when the guest is not present in the room

When overnight guests will be staying in our room, personal beds are...

- a) off limits
- b) okay to use with permission

Notice: All overnight guests must be approved by your roommate(s).

Social Life

How would you feel if your roommate was using alcohol, tobacco or drugs recreationally?

What expectations do you have of your roommate(s) as well as yourself?

The following is important to me regarding our social lives:

Cleaning

To me, cleaning means...

- a) dusting
- b) vacuuming
- c) taking out trash/recycling
- d) toilet/shower/sink cleaning (Not Thayer Hall)

I prefer the room to be...

- a) very orderly and clean
- b) somewhat orderly and clean
- c) no preference

When it comes to cleaning the room, I prefer that we...

- a) take turns cleaning the entire room
- b) clean up our own space when we want
- c) clean the room together
- d) have and stick to a cleaning schedule (i.e., daily, weekly, monthly)

When it comes to cleaning the bathroom, I prefer that we... (Not Thayer Hall)

- a) take turns cleaning
- b) clean up after ourselves
- c) clean the bathroom together
- d) have and stick to a cleaning schedule (i.e., daily, weekly, monthly)

When it comes to trash, I prefer that we:

- a) take turns taking out the trash
- b) take out our own trash
- c) recycle items that can be recycled
- d) not recycle

The following is important to me regarding cleaning our room:
