



Workbook – Section 3

Roommates

Should I Get a Roommate?

Do you think you might like to live with a roommate? This is an option you can explore. Having a roommate will help you share rent and living expenses and you will not be by yourself as much. On the other hand, it might be a challenge getting along with someone else. First find out if you would be comfortable with a roommate by asking yourself the following questions:

- | | | |
|---|-----|----|
| Do I prefer to be alone? | Yes | No |
| Do I prefer to be with people? | Yes | No |
| Do I normally get along well with other people? | Yes | No |
| When I think about what I would like in a roommate – is my list long? | Yes | No |

How to Find a Good Roommate

Selecting a roommate is important because this is a person you will be sharing living space with everyday. You need to know if you have shared interests and hobbies. You will get along better if you share likes and dislikes and have similar personalities. Below are some questions to ask to determine if a possible roommate is a good match:

List two qualities that I like to see in other people.

1. _____
2. _____

List two of my best qualities.

1. _____
2. _____

List two hobbies I enjoy.

1. _____

2. _____

List two other interests I have.

1. _____

2. _____

List two people in my Circle of Support that I would want to bring with me on an interview with a potential roommate.

1. _____

2. _____

Circle Yes or No

Do I want a roommate who has their own transportation? Yes or No

Is a written roommate agreement necessary? Yes or No

Do I want a roommate with a pet? Yes or No

Do I want to share cooking and housekeeping chores? Yes or No

Do I want a roommate who keeps the same hours you keep? Yes or No

Look at your answers to the questions above and describe your perfect roommate below.
