



WINTER EDITION II - JANUARY 18, 2024

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal Michael Eamon

Dear Traillites,

For fans of **Continuing Education** at Trent University, we are now in the final push for registration before classes begin in February. Register before January 31st and get 30% off the regular course price. There are still lots of non-credit, hands-on classes and workshops available. For more information go to: www.trentu.ca/continuingeducation

In February, Traill College is proud to host **Bridget Larocque**, this year's **Ashley Fellow**. The Ashley Fellow, administered by the Colleges of Trent University, is designed to enhance collegiate life by having engaging teachers stay in residence. While successful recipients can hold a PhD and may be affiliated with a university, preference is given to those who can offer a wealth of life experience in both academic and non-academic settings. Larocque definitely fits the bill as she brings a distinct worldview from her upbringing in the Arctic, Métis lifeways, lived experiences alongside First Nations and Inuit Peoples and participation in Western education systems. Her expertise includes the network co-lead and chair of the Northern Advisory Board of the North American and Arctic Defence and Security Network (NAADSN), policy advisor and researcher with the Arctic Athabaskan Council (ACC), executive director of Gwich'in Council International (GCI), and managing her consultant business, Weaving Wisdoms. Bridget will be here from February 4th to 18th. Keep watching Traill Tales for more information on free special events, workshops, and receptions.

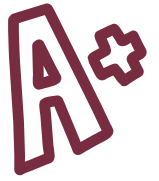
With the temperature continually dropping, the second week back has kept people on their toes at the College on the Hill. However, for our favourite Albertan -- **Alexzandra Boyd** -- she is enjoying the relatively balmy weather that a Peterborough winter offers. We are proud of Alexzandra who won last year's **Beef Week** draw in **The Trend**. Pictured in appropriately bovine-inspired wear, she is accepting her **Beef Week** prize that I gave her back in December. Coincidentally, it is Beef Week again in The Trend. So now is the time to move on down to see Chef and enjoy one of his signature beef dishes. Don't cower away from entering into the draw for more exciting prizes. (And, yes, The Trend also serves meals without beef too).

Until next week,



Needing an Appointment?

Looking to book an academic appointment?



[Academic Advising](#) and [Academic Skills](#) appointments are available Monday to Friday on the [Student Experience Portal](#).

Trill College offers same-day appointments on Fridays from 9:00am - 4:00pm for both Advising and Skills. Book Advising at 705-748-1011 ex. 7333 or come to the college office to book in-person. Book Skills on the [Student Experience Portal](#). Appointments are on a first-come, first-served basis.

If you are a Graduate Student and require Academic Advising support, please reach out to graduate@trentu.ca or your home department.

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

Cabinet Corner

GET YOUR TICKETS!



SCAN QR CODE OR PAY CASH OUTSIDE
WENJACK MONDAY - THURSDAY
10-3PM

FOR MORE INFO:
@TRENTEASTVSWEST
EASTVSWESTHOCKEY@GMAIL.COM

FIRST 300 PEOPLE THROUGH THE DOORS GET A

FREE T-SHIRT!



<https://www.eventbrite.com/e/2024-east-vs-west-charity-hockey-game-tickets-763689213997>

Swag Shop



Click [here](#) to view our swag shop and order online!
Pick up orders and pay with cash at the College Office.

To keep up to date with the college, follow us on social media!



[@trillcollege](#)



[Trill College](#)



[trillcollege](#)



[#trill](#)

For the most up to date information on Trent University's response to COVID 19 visit:

<https://www.trentu.ca/coronavirus/>



Backwoods Baking Presents:

Hearty Italian Meatball Soup

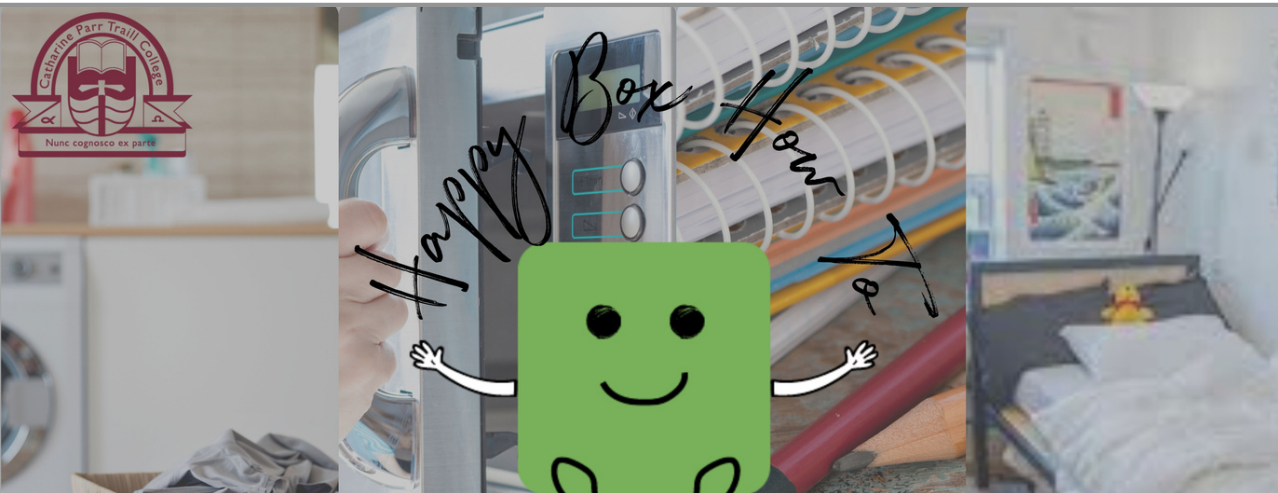
[Find the Full recipe here](#)

INGREDIENTS

- 3 cups water
- 2 (14 ounce) cans diced tomatoes with onion and garlic, undrained
- 2 (14 ounce) cans beef broth
- 1 teaspoon Italian seasoning
- 1 (16 ounce) package frozen cooked Italian-style meatballs
- 2 cups frozen Italian-blend vegetables
- 1 cup small star-shaped dried pasta
- ¼ cup grated Parmesan cheese

INSTRUCTIONS

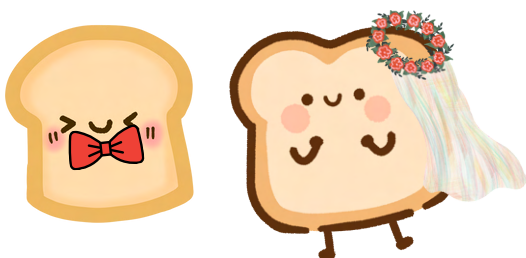
- Stir water, tomatoes, beef broth, and Italian seasoning together in a large pot; bring to a boil.
- Add meatballs, Italian-blend vegetables, and pasta to the pot; bring to a boil, reduce heat to medium-low, and cook until meatballs are heated through and the pasta is tender, about 10 minutes.
- Ladle soup into bowls and garnish with Parmesan cheese



Click on Trail's [YouTube channel](#) to view



Trail Mix



What did the two pieces of bread say on their wedding day...?

...It was LOAF at first sight.

What's going on at the College on the Hill?



MOTIVATION
Mondays

- Discuss strategies for setting writing goals
- Build momentum
- Motivational discussions on overcoming
 - Impostor syndrome
 - Distractions
 - Writers block
 - Burnout

Every Monday
10:30 to 11:30
Starting January 22

Motivation Mondays are back, with a vengeance! With support from Academic Advising you can get weekly help with various support structures available to you!



2024 3MT®
Applications
OPEN

Graduate students, do you want the challenge of presenting your research before a general audience?

Applications open: January 15
Applications close: February 12

More information
Academic Skills Website

The Three Minute Thesis (3MT®) is an internationally recognized competition for thesis-based graduate students in which participants present their scholarly and creative activity and its wider impact in 3 minutes or less. Interested in showing off your research, or flexing your public speaking skills? Then this may be the opportunity for you! applications are currently open, for more information scan the QR code or visit the academic skills website.



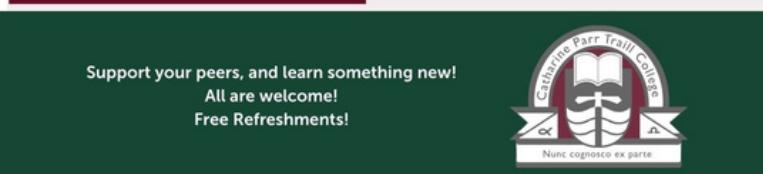
Announcing the January Presenters in the Symons Series on Graduate Student Research

POSTPONED

THOMAS H.B. SYMONS SEMINAR SERIES

January 18th, 2024
7pm-9pm

Bagnani Hall
Trail College



Support your peers, and learn something new!
All are welcome!
Free Refreshments!

The Symons Seminar Series on Graduate Research is one of the longest-run student colloquia of its kind in North America; run for the students, by the students. It encourages graduate students to present their research publicly and find connections between the humanities and sciences.



Fighting Corruption in the Baltic-Black Sea Region: Comparing Legal Approaches

January 23rd
Bagnani Hall
Trail College
7:30 PM

Light Refreshments starting at 6:30 pm in The Trend

Guest Lecture with
Dr. Olha Chernovol

Join Dr. Olha Chernovol for a guest lecture on comparing legal approaches for fighting corruption in the Baltic-Black sea. Light refreshments starting at 6:30 pm in The Trend. Lecture will take place in Bagnani Hall at 7:30pm.

What's going on at the College on the Hill?

All new Students Welcome!



TRAIL WINTER WELCOME

Senior Common Room, Scott House, Trail College

January 26th from 1:30pm to 3:30pm

Meet the College staff & learn about the student services we offer.

Receive your Trail College scarf & be officially welcomed into the college.

Free refreshments will be provided.

Calling all new students! Trail would like to formally welcome you to your new home on January 26th between the hours of 1:30 and 3:30 for a warm welcome. Come and meet the college staff and learn about the resources available to you. You will also receive a ceremonial scarf, and free refreshments will be provided.



ACADEMIC SKILLS PRESENTS...

QUANTITATIVE DATA WORKSHOP



30
JANUARY

7:00 PM - 8:30 PM
Online Via Zoom

Are you planning to include quantitative data in your research project? Then this workshop is for you!

REGISTRATION REQUIRED

sample

Are you planning to include quantitative data in your research project? Then this workshop was created for you! We will discuss how to organize your analysis for quantitative data, how to write about statistics, the best methods to visually present your data, and how to refer to figures in your writing. We will conclude with a discussion of how to explain your findings in the results and discussion section of your thesis.

GIVE THE Gift OF LEARNING

REGISTER NOW FOR SPRING CLASSES & WORKSHOPS

Over 30 different courses to choose from including:



CLASSES START
FEBRUARY 2024

CHECK OUT THE FULL LIST ONLINE



CONTINUING EDUCATION



trentu.ca/continuingeducation

Interested in lifelong learning? Take a look at what's offered by continuing education. Right now you could save up to 50% on over 30 unique and engaging courses that we offer! You can check out the full list online.

GET YOUR TICKETS!



SCAN QR CODE OR
PAY CASH OUTSIDE
WENJACK MONDAY
- THURSDAY
10-3PM

FOR MORE INFO:
@TRENTEASTVSWEST
EASTVSWESTHOCKEY@GMAIL.COM

FIRST 300 PEOPLE THROUGH
THE DOORS GET A

FREE

T-SHIRT!

Get your tickets early! Early bird sales are from January 15th - 20th at a ticket price of \$15. Ticket sales will increase to \$20 during the week leading up to the event (January 21st - 26th) and they will be \$25 at the door. The first 300 people through the door get a FREE t-shirt supporting their bank!

What's going on at Trent University?



Challenging ISLAMOPHOBIA
Thursday, January 25 | 2:00 to 3:30
Freedom Lounge: TSC 2.09

Panelists: Farheen Khan, Reem Ali, and Zainab Ahsan Chiya.

Logos: Trent University Spiritual Affairs, tcsa

January 29th, 2024 marks the third annual National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia. To commemorate this day of remembrance, join us for our panel event. Panelists will include Farheen Khan, Reem Ali, and Zainab Ahsan Chiya. Panelists will share their perspectives as Muslim women in Canada. All are welcome – light snacks will be provided.



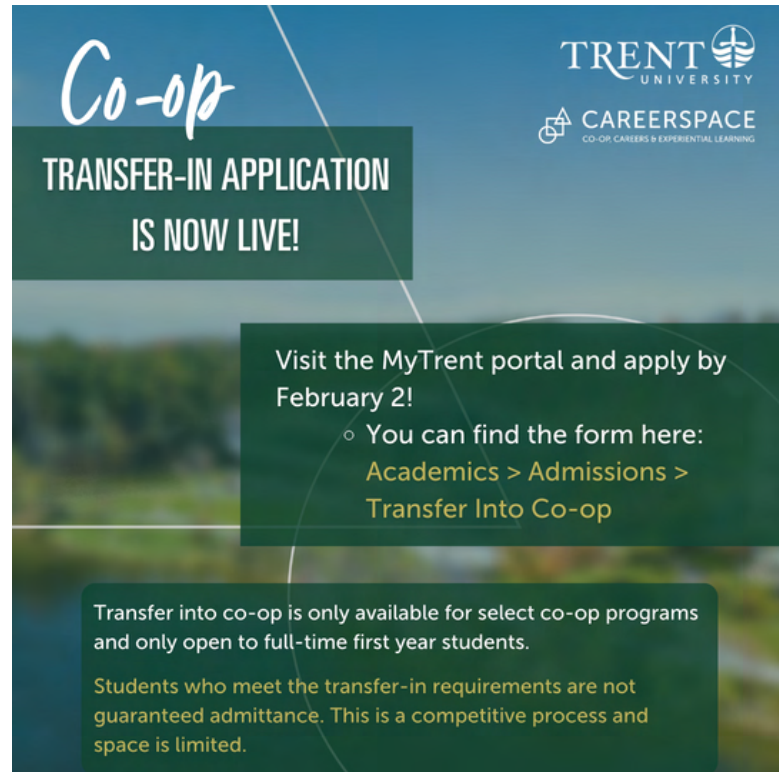
Surfing the waves of emotions

Counselling Services Workshop

6-Session DBT Group Workshop
Thursdays in February – Mid March 2024
From 1:30p-3p

Email counselling@trentu.ca to express interest and sign up!

Do negative emotions sit with you for a long time? Is this having a negative impact on your life? Join us for a 6-week, Dialectical Behavior Therapy (DBT) informed group, that focuses on learning skills for regulating intense emotions and getting through distressing situations. This is a closed group. Please email counselling@trentu.ca to express your interest



Co-op TRANSFER-IN APPLICATION IS NOW LIVE!

Visit the MyTrent portal and apply by February 2!

- You can find the form here: [Academics > Admissions > Transfer Into Co-op](#)

Transfer into co-op is only available for select co-op programs and only open to full-time first year students.

Students who meet the transfer-in requirements are not guaranteed admittance. This is a competitive process and space is limited.

Logos: Trent University, CAREERSPACE

Are you a first-year student interested in graduating with 12-months of paid work experience relevant to your program? Apply now to transfer-in to a co-op program! Visit the MyTrent Portal under Admissions > Academics and complete the Co-op Transfer-In Application form. Applications close February 2, 2024. There will be a virtual information session on January 23 from 11 -12 for students looking for more information. [Register on the Student Experience Portal.](#)



Degree Planning Workshops

PLAN

Two students working at a table with a notebook.

For More Information, please visit:

trentu.ca/advising/
Planning Your Degree
>> Academic Planning Tools
>> Degree Planning Workshops

ACADEMIC
ADVISING



For Current Students Academic Advising is partnering with the Academic Department Chair and academic support staff. Students will need to register for the Workshop on the Student Experience Portal Events Calendar.

What's going on at Trent University?

3 Minute Paper

SHARE YOUR UNDERGRADUATE RESEARCH
IN A FUN & CHALLENGING
COMPETITION

Applications due January 24
trentu.ca/3mp



3 Minute Paper (undergraduate) is back! Submit your thesis/group project/research; visit trentu.ca/3mp for more information. #trentu #research



Reach out. Find Support.

Mood Talks:
Managing Low Mood & Improving Well-Being



4-Session Group Workshop
by Trent Counselling Services

Wednesdays @ 1:30 PM
January 24 - February 14, 2024



Email counselling@trentu.ca
to express your interest!

- Learn about low mood and depression symptoms;
- Develop skills and strategies to cope; and,
- Provide a safe space to share your experiences and feel supported.

In this is a 4-session, discussion-based group, we will learn about low mood and depression symptoms, develop skills and strategies to cope, and provide a safe space to share your experiences. Please email counselling@trentu.ca to express your interest.

Did you have an exceptional instructor or teaching assistant?

CENTRE FOR **TEACHING & LEARNING**

Nominate Now!

Trent Teaching Awards 2023-24



Nominations close
January 31, 2024

Consider nominating your outstanding instructor or teaching assistant for a University Wide Teaching Award! The nomination window is open from December 20, 2023- January 31, 2024.

Art With Impact Presents
Movies for Mental Health 2023-2024



Connecting with Ourselves and Others Through Short Films About Mental Health

January 26, 2024 5-7pm

Trent University Student Centre
Event Space (Room 1.07)

Catered food and refreshments will be available



Register at:
<https://bit.ly/m4mh-trent>



Art with Impact Presents Movies for Mental Health 2023-2024. Connecting with Ourselves and Others Through Short Films about Mental Health. January 26, 2024, 5-7 pm, at TSC Event Space, Room 1.07. Catered food and refreshments will be available. Register [here](https://bit.ly/m4mh-trent)



Student Supports

We want you to know you are supported on-campus and in the Peterborough community. Every week we will rotate through groups who can support your unique self.



Meet with an Academic Skills instructor to discuss study skills and organization, clear and critical writing, and essential math skills.

Synchronous video, in-person, and asynchronous email appointments are available Monday to Friday throughout the academic year and summer term. Academic Skills can help with essay writing, critical reading, study techniques, seminar presentation, time management, note taking, lab writing, mathematics, documentation and referencing, and exam preparation

Hello!



PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at ccr.trentu.ca to book a session.

Monday to Thursday 12-3pm.

Fun Fridays from 12-2pm.

@peersupporttrent on IG or FB

Here to listen and support. Let's connect.

Looking for another student's perspective? Book a peer support appointment Monday to Thursday 12pm-4pm through the **Student Experience Portal!**



CAREERSPACE

CAREERS & EXPERIENCES

Careerspace is here to help you get a jump start on your career! With practical hands-on experiences, workshops, online resources, and career counseling, our services are available to students all year round!

Visit our office on the 3rd floor of the Student Centre, send us an email, call, or book an appointment on trentu.ca/sep and start preparing for your future. And remember, don't wait 'til you graduate, we're here to help now!

Wellness Resources



Recreational Winter Activities

Canadian winters can be harsh, and often we find ourselves huddled in our homes as respite from the bitter cold.

It's all too natural to hibernate in our warm beds, but you should take the time to try some outdoor activities while there's still snow on the ground.

- Ice Skating
 - a Canadian tradition, whether at a local rink or a nearby pond, skating is a popular pastime.
- Skiing
 - Skiing is a great workout, keep an eye out on social media and maybe even convince some friends friends to go on a ski trip.
- Snowshoeing
 - A bit more accessible and can be just as fun as skiing. It's a very social activity.
- Ice Fishing
 - There's nothing quite like sitting on frozen ice and waiting around for hours.
- Indoor Recreation
 - if the cold really isn't your forte, keep an eye on leagues and activities at your local gym.

5 Ways to **Staying Active During the Winter**

- 1. Ice Skating** 
- 2. Skiing** 
- 3. Snowshoeing** 
- 4. Ice Fishing** 
- 5. Indoor Recreation** 



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"For when people get caught up with that which is right and they are willing to sacrifice for it, there is no stopping point short of victory." — Martin Luther King, Jr.