



FALL EDITION VI - OCTOBER 15TH, 2025

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

I hope that everyone had a relaxing Thanksgiving weekend. It is hard to believe it is just a few days until our first Reading Break! It might surprise some readers to know that Trent has always had two reading breaks. It is a tradition that has its origins in the early days of the university when Trent had three academic terms between September and May. Under this system, students were given a week break at the end of the first term and again at the end of the second term. As Trent transitioned into a semestered model in the 1970s, the tradition of two reading breaks was maintained. Now, several Ontario universities have added a second reading break to their academic year. Once again, Trent was a bit of a trend setter! At any rate, please note that the College will remain open throughout Reading Break. Feel free to come by to relax, study, or meeting up with friends.

Talking about Trent traditions, the photos from our **Scarf Ceremony** celebrating the matriculating class of 2025 are in. Please see this week's Traill Tales for a special selection of photos from what was a great day at the College.

Tomorrow afternoon (Thursday), don't miss **Pause for Paws** in the Senior Common Room from 1:00 to 3:00 PM. Academic advisors **Ashley Maschke** and **Zachary Brault** will be there with **Reese** and **Riddick**. Come by for a snack, to meet two of the cutest dogs on the planet or to ask any advising questions that you might have.

Tomorrow evening, the **Symons Seminar Series for Graduate Research** begins again. It has been a staple at Trent for over 30 years, and it is said to be the longest graduate student-run symposium in the country. Join us in Bagnani Hall at 7:00 PM to see two great student papers, one in the humanities and one in the sciences. It is open to the public and everyone is invited to find out more about the world-class graduate research that is underway at Trent. Free refreshments and great conversations await!

Until next week,

Michael





2025 Traill Scarf Ceremony





Need an Appointment?

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

Looking to book an academic appointment?



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

Trail College offers same-day appointments on Fridays from 9:00am - 4:00pm for both Advising and Skills. Book Advising at 705-748-1011 ex. 1488 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.

Cabinet Corner



<https://www.trentu.ca/colleges/trail/belong/college-cabinet>

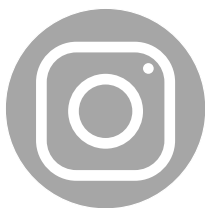
To keep up to date with the college, follow us on social media!

For the most up-to-date information on Trent University's events and news:
<https://www.trentu.ca/news/>

Swag Shop



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



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What's going on at Traill!

Pause to Paws

Take a pause for paws with some of Traill's calming dogs. Join us and unwind with some canine affection and get to know your Academic Advisors at Traill, Zachary and Ashley

Thursday October 16th
from 1:00pm-3:00pm
Senior Common Room

Light refreshments and colouring pages will also be available.



Reese



Riddick

Take a pause from your busy schedule and come hang out with our furry friends at this Pause for Paws event. Meet Reese and Riddick, and their humans, the Traill College Academic Advisors: Zachary and Ashley.

Event will be held in the Senior Common Room in Scott House (SH104) from 1pm-3pm on Thursday October 16th!

Light refreshments and colouring pages available while supplies last!

CATHARINE PARR TRAILL COLLEGE

SUNDAY DINNERS

5pm - 7pm

FREE MEAL WHILE SUPPLIES LAST!



OCTOBER 5TH
SCOTT HOUSE 105, TRAILL COLLEGE
LEVANTINE GRILL, CHICKEN
SHAWARMA & MIXED BEAN SALAD



OCTOBER 26TH
EMMANUEL UNITED CHURCH
SPAGHETTI

CUPE 3908 SCFP

EMMANUEL UNITED CHURCH
534 GEORGE ST. N.
PETERBOROUGH



Sunday Dinners are back! Don't miss these evenings of food, fellowship, and fun! The best part? They're free!

Our next Sunday Dinner will be held on October 26th at Emmanuel United Church (534 George St N.) from 5-7PM.

Free meals while supplies last!

Keep an eye out every month for more Sunday Dinners! Email traill@trentu.ca with any questions.

Graduate Writing and Research Week

October 20 - 22, 2025

50-minute Virtual Workshops for Graduate Students

Literature Reviews

Creating Coherence and Cohesion

Project Management

1pm - 4pm



Scan here for more info

Citation Management Software

Navigating Graduate School

Research Proposals

Oral Presentations

MaDGIC - Data Management and Analysis Tools

Introduction to Publishing Journal Articles

Graduate Writing and Research Week will take place October 20 to 23, 2025 from 1:00 to 4:00 each afternoon. Academic Skills and Trent Library will present virtual workshops for graduate students. You pick the workshops that you wish to attend.

Each session is 50 minutes long and is online.



On Thursday, October 16th, 2025
Prepare Yourself...

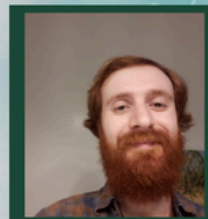


For a Synthesis of Science and Humanities Research
Unlike Any Other Seen Before!

"The Uneasy Conscience of Colonialism: The 'Friends of the Indians of British'"

THOMAS H.B. SYMONS
SEMINAR SERIES

"Synthetic Graphite Materials for Usage in Energy Storage Applications"



Brendan Campisi
M.A. student
in History



Liam Gillett
M.Sc. candidate in the
Materials Science program

7:00 PM
Bagnani Hall
Traill College

Come for the Free Snacks,
Stay for the Research!

The Symons Series returns to Traill College! Come and enjoy an evening of riveting research, free snacks, and celebration of interdisciplinary study.

Thursday, October 16th at 7:00PM
Traill College - Bagnani Hall

What's going on at Trail and Trent!

ACADEMIC
ADVISING
TRENT

STUDY CAFÉ

For Mature & Transfer Students

Join Academic Skills and Academic Advising
for social study sessions with refreshments!

Wednesdays from September 17th to November 12th

The Pit, Lady Eaton College
1-2:30pm



Academic Skills Study Cafe for mature and transfer students
in The Pit at Lady Eaton College, Wednesdays 1-2:30pm.



Homeroom



Are you looking for community
and learning support?

Join Academic Skills on Tuesdays or
Wednesdays at 4pm for learning tips,
community & free food!



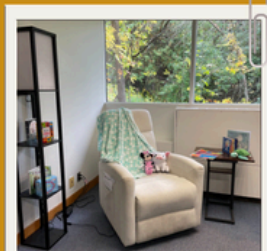
Academic Skills Homeroom Running every Tuesday and
Wednesday at 4 pm.

Otonabee College Breastfeeding Room

OC301.1

Need a place to pump, or a private space to breastfeed? Otonabee College
has a designated breastfeeding room available for any student who may
need it.

Please reach out to otonabee@trentu.ca to inquire or gain access to the
room!



The breastfeeding space is accessible with tap access in
Otonabee College, which folks can request through
otonabee@trentu.ca

Peterborough Concert Band Presents

SOUNDS of TOMORROW

a Benefit Concert

SUNDAY
Oct. 26th
2:30PM

In support of: **UPBEAT!**

Free After-School
Music Program

Market Hall, Peterborough, Tickets: \$35
Available at Market Hall Box Office or Online

Featuring performances by:



and

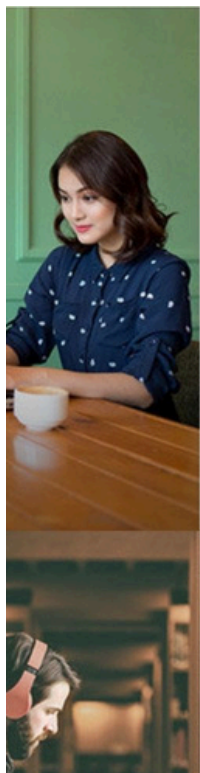


KAWARTHA YOUTH
ORCHESTRA



The Peterborough Concert Band is holding a Fundraising event
on Sunday October 26, 2025 from 2:30 - 4:00 at Market Hall,
Peterborough, to benefit the Kawartha Youth Orchestra (KYO)
Upbeat!

What's going on at Trent!

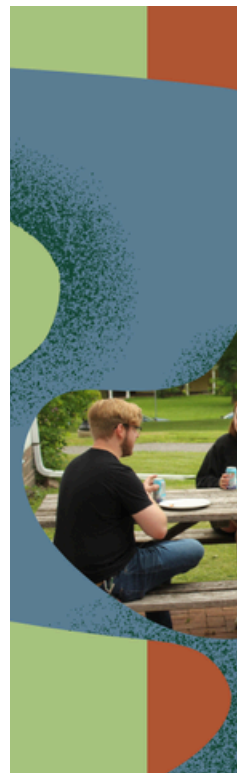


Need help with a Paper? Essay?
Proposal? Lab Report? Midterm?
Check out the...

Academic Skills Drop-in at Bata Library

Fridays from Sep 19 - Dec 5
10AM-12PM in BL Room 202

Looking for some extra support to help you through the fall term? Whether it is your first year or your last, Academic Skills is here for you on Fridays in the Bata Library! Work, study, and snack alongside fellow students with support from an Academic Skills Instructor. No appointment needed! Every Friday from Sep 19- Dec 5 at 10am-12pm in BL 202.



Graduate Student Writers' Group: Motivation Mondays



Mondays:
September 15th to
December 1st



10:30-11:30 am



Zoom



The graduate student writing group helps to develop writers with tips to improve their writing as well as create a community of writers to encourage and celebrate achievements of writing. Graduate students will be encouraged to set realistic writing goals on a weekly basis to monitor their progress and to maintain momentum with their writing. We will be meeting every Monday (except October 13 and 20) to Monday, December 1 from 10:30 to 11:30 am via Zoom. [Register here](#)



MIC CLUB

FIRST RULE: YOU **MUST** TALK IN MIC CLUB.
3-4PM | Bata Library Room 106.6

Practice public speaking with confidence and clarity!
No assignments, no grades — just a fun, supportive space to practice and grow your skills!

Join for one or all sessions in this series (ft. snacks).

SEP 25	Finding Your Voice in Class
OCT 16	Speaking Professionally in Public
NOV 6	SLIDE(s) into Visual Aids
NOV 27	Asked & Answered

Register on the SEP or drop-in (space permitting).



Whether you're raising your hand in class, presenting a project, creating visual aids, or answering tough questions on the spot, this workshop series will help you speak in public with confidence and clarity. No assignments, no grades — just a fun, supportive space to practice and grow your skills!



Follow & Stay Connected:
@TrentSWC

Surfing the waves of emotions



Do negative emotions sit with you for a long time? Is this having a negative impact on your life? Join us for a 8-week, Dialectical Behaviour Therapy (DBT) informed group, that focuses on learning skills for regulating intense emotions and getting through distressing situations.

Wednesdays from 2:30 - 4:00 PM,
starting October 1st until November 26th

Otonabee College
OCA 128

Email counselling@trentu.ca to express your interest!

Learn more about groups and workshops offered by Counselling Services



Surfing the waves of emotions
Where: Otonabee College OCA128
Join counselling at Trent Wednesdays from the 1st of October to the 26th of November from 2:30-4:00 pm

What's going on at Trent!



We've recently launched the following courses:

- Emotional Balance Through Mindfulness Practice, Foundations, Public Leadership Microcredential Suite
- AI for Business Leaders

First meeting Date: October 14th

These courses are online, six-week in length are OSAP-eligible.

If you have any questions, please feel free to contact us at microcredential@trentu.ca



Join Consent at Trent on Wednesday October 15th, from 1PM-3PM on Zoom for our How to Support a Friend: Responding to Disclosures of Sexual Violence workshop, part of the FREE Skills to Enhance Peer Support (STEPS) workshop series.

Register for FREE by emailing counselling@trentu.ca with your name and student number. The Zoom link will be emailed to participants the day before.



Come support our newcomers and international students preparing for winter! Donate your gently used clothing at TI Office by October 27, 2025!



Join the Enactus Trent University team! Currently hiring Associate Members & Project Managers.



Student Supports

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

This week we are highlighting: Spiritual Affairs



Spiritual Affairs provides support to students from all faith traditions, as well as students who are not religious but are considering questions of meaning, purpose and identity. University life provides ample opportunity for personal growth and exploration - and at times, it can be stressful. Our Chaplains and Community Liaisons are available to provide spiritual support to students as they navigate this complex and exciting life stage. Our multi-faith model is rooted in respect, understanding, and inclusion.

At Spiritual Affairs, we are faith-positive, but we don't endorse any particular faith. We encourage openness, inquiry, and spiritual growth. We denounce aggressive religious recruitment, and welcome you to reach out if you have negative experiences of this kind on the Trent Campus. We are queer-positive and can connect students to local faith communities that are affirming.

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!

Backwoods Baking Presents:

Chicken Pot Pie Soup

[View the Recipe Here](#)

INGREDIENTS

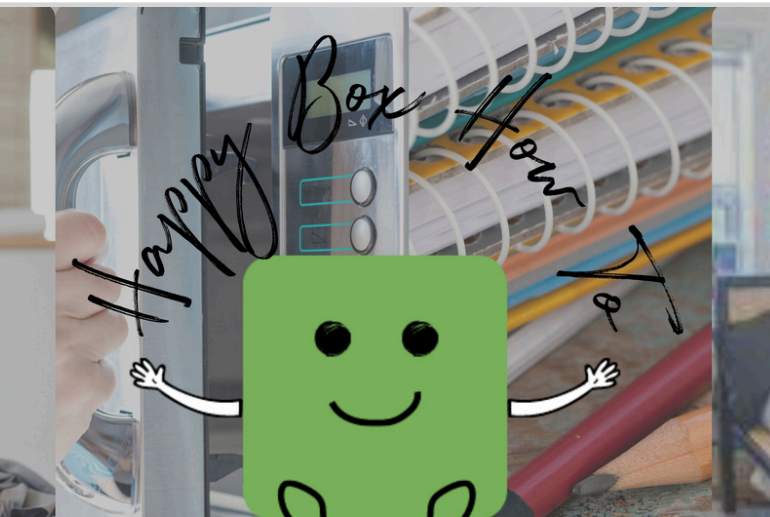
- 6 Tbsp unsalted butter
- 1 medium yellow onion, 1 cup chopped
- 2 medium carrots, thinly sliced into rings
- 2 celery sticks, finely chopped
- 8 oz white or brown mushrooms, sliced
- 3 garlic cloves, minced
- 1/3 cup all-purpose flour
- 6 cups chicken stock
- 3-4 tsp salt, (or to taste)
- 1/2 tsp black pepper
- 1 lb Yukon gold potatoes, peeled and sliced into 1/4" thick pieces.
- 5 cups cooked chicken, (shredded)
- 1 cup frozen peas
- 1 cup corn, (frozen or canned)
- 1/2 cup whipping cream
- 1/4 cup parsley, finely chopped, plus more for garnish

RECIPE BY
NATASHA
KRAVCHUK



INSTRUCTIONS

- Heat a soup pot over medium/high heat and melt in butter. Add onion, celery, and carrots and sauté 5-7 minutes, stirring occasionally, until softened and lightly golden.
- Add mushrooms and garlic and sauté for another 5 minutes, stirring occasionally until softened.
- Add flour and stir constantly for 1 minute until golden.
- Add chicken stock, sliced potatoes, and salt and black pepper. Bring to a boil then reduce heat to a simmer, partially cover and cook 12-15 minutes or just until potatoes are tender.
- Add shredded chicken, frozen peas, and frozen corn, heavy whipping cream and parsley. Bring back to a simmer and continue to cook for another 5 minutes or until peas and corn are tender. Season to taste with salt and pepper and remove from heat.



Check out our video on how to book an academic advising appointment! Click on Traill's [YouTube](#) channel to view

Traill Mix

Why do you never see elephants hiding in trees?
Because they're so good at it!



Wellness Resources

[Click Here for More Info](#)

Overcoming Writer's Block

Midterm season is upon us, and with that comes the anxiety of handing everything in on time. Unfortunately, many students at this time of year get hit with writer's block, which can be cause for even more stress! Here are some tips to help you overcome this state and get back to writing productively.

- 1) Keep writing. While this may seem counterproductive, sometimes writer's block can be beat by keeping yourself in motion. If you're not proud of it, you can always edit it later.
- 2) Step back. While you might feel pressured to keep writing until the project is done, it's equally as important to give yourself some downtime to recuperate and come up with new ideas. Go for a walk, use the pomodoro technique, or call a friend. Even ten minutes can give you the refreshing boost you need to get your assignment done.
- 3) Limit your distractions. Put your phone on Do-Not-Disturb or turn off your notifications, find a quiet environment where you won't be sidetracked, and close any personal tabs which may tempt you away from work.
- 4) Talk through your plan. Be it with a family member, friend, professor/TA, Academic Skills advisor, pet, plant, stuffed animal, or even to yourself in the mirror, explaining your research aloud will help you understand it better yourself.



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"Angry people are not always wise."

-Jane Austen