



FALL EDITION X - NOVEMBER 12TH, 2025

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

Let it snow, let it snow, let it snow! In spite of the storm last Sunday, we had a well-attended **College Dinner** where students, families, and friends lined up for warm bowls of Chili provided by **Chartwells** and sponsored by **Trent University Food Services**. While the snow may melt, the goodwill and sense of community that these dinners provide will continue on throughout the year. Our next dinner will be on November 23rd when we return to Emmanuel United Church for Halal meat and vegetarian pasta casserole and dessert.

This week the renowned journalist **Andrew Coyne** has been at the College visiting with Canadian Studies classes. On Monday, **Professor Mark Dickinson** held his class in the Senior Common Room for a special seminar delving into a wide range of issues affecting our electoral system and our fundamental, parliamentary procedures. He later sat in on **Professor Christopher Dummitt's** class and also joined students for deeper discussions over lunch. Traill College is always happy to support the School for the Study of Canada with their guests and programming that explores the richness of Canadian history and politics.

This Thursday we are delighted to have **Professor Michael Herren**, honorary fellow of the College, give a special lecture entitled "A Day in the Life of a Student in Seventh-Century Ireland." It should be a lot of fun as Professor Herren will talk all about the life of students in 7th Century Ireland, from their daily routines to their training exercises in school, to their fashion and even their hairstyles. It all starts in Bagnani Hall at 7 PM.

Take care,



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>

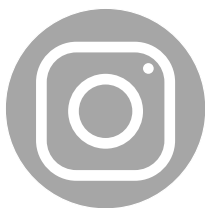
To keep up to date with the college, follow us on social media!

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.](#)



[@trailcollege](#)



[Trail College](#)



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[#trail](#)



What's going on at Traill!

CATHARINE PARR TRAILL COLLEGE

SUNDAY DINNERS

5pm

FREE MEAL WHILE SUPPLIES LAST!



NOVEMBER 9TH
SCOTT HOUSE 105, TRAILL COLLEGE
CHARTWELLS, VEGGIE CHILI NACHO BOWL AND
BEEF CHILI NACHO BOWL, WITH RICE, SALSA,
SOUR CREAM AND TORTILLA CHIPS.



NOVEMBER 23RD
EMMANUEL UNITED CHURCH
PASTA CASSEROLE (HALAL
BEEF/VEGETABLE), COLESLAW, WHITE
ROLLS, DESSERT

CUPE 39 SCFP **EMMANUEL UNITED CHURCH**
534 GEORGE ST. N,
PETERBOROUGH






Traill College Sunday Dinners continue in November!
Join us for a free meal, fellowship, and fun!
The next College Sunday Dinner will be on
November 23rd at Emmanuel United Church
534 George St North

PRE-EXAM STUDY SESSIONS


Thursdays November 20th, 27th,
and December 4th 4-6 PM
in The Trend at Traill College

Come enjoy some free snacks and study for your upcoming exams! All are welcome!

PROVIDED BY
TRAILL COLLEGE





Stressed about exams? Need a body double to focus or looking for a change of scenery? Join us in The Trend on November 20th, 27th, and December 4th from 4-6 PM to enjoy some free snacks and get some work done in a low-stress environment. All are welcome!




Dr. Michael Herren

Learn all about the life of students in 7th Century Ireland, from their daily routines, to their training exercises in school, to their fashion and hairstyles!

A Day in the Life of a Student in Seventh-Century Ireland



Traill College
Bagnani Hall
November 13th
7-9PM



Join us for an enlightening lecture by Dr. Michael Herren on "A Day in the Life of a Student in Seventh-Century Ireland." Explore the vibrant educational & cultural landscape of Ireland's monastic schools during the 7th century. Don't miss this unique opportunity to delve into ancient learning, training routines, and the fascinating world of Irish students from the past!
November 13th 7-9pm in Bagnani Hall, Traill College

PRINTMAKING PARTY WORKSHOP

WHEN: Tuesday, Nov. 25 @ 4:30pm
WHERE: The Trend, Traill College
HOW MUCH: \$5 or PWYC
WHAT: Lino, Styrofoam, and Gel Plate Printmaking



Lino



Styrofoam



Gel Plate

Materials, instructions, and snacks provided.

Raising money to give you the best Cultural Studies Week ever!

Come join us in the Trend for an evening of fun and crafts as we raise funds for the upcoming Cultural Studies Week.

WHEN: Tuesday, Nov. 25 @ 4:30pm

WHERE: The Trend, Traill College

HOW MUCH: \$5 or PWYC

WHAT: Lino, Styrofoam, and Gel Plate Printmaking

What's going on at Trent!



Join Us 

November 24th, 11AM - 2PM
Student Centre Atrium

NATIONAL HOUSING DAY

Meet with housing experts, get advice on rental agreements, and learn tips for a smooth transition to upper-year living.



National Housing Day
 November 24th, 11 AM – 2 PM
 Student Centre Atrium

Join us for National Housing Day! Meet with housing experts, get advice on rental agreements, and learn tips for a smooth transition to upper-year living. Whether you're preparing for your upper-year housing journey or just want to know more about the process, this is a great opportunity to connect and ask questions.

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!




If you need a quiet, private space to pump or breastfeed, Otonabee College has your back! Gain access to the Breastfeeding Room by contacting otonabee@trentu.ca.


STUDENT ACCESSIBILITY SERVICES


Hey SAS Students: Have you booked your December accommodated exams yet? Just a quick reminder that booking deadline to register with the [Centre for Academic Testing](#) for finals is Friday, November 21st @ 11:59PM. Accommodated exams can be booked online using the [SAS Portal](#). The exam schedule is pre-loaded for all your finals; you just need to push the buttons to book them in.





Questions? Booking conflicts? Date / Time shifting adjustments need to be made? Email examcentre@trentu.ca before November 21st to get things sorted!

Writing Complex Texts: For Graduate Students


**Tuesday,
November 18**


Zoom

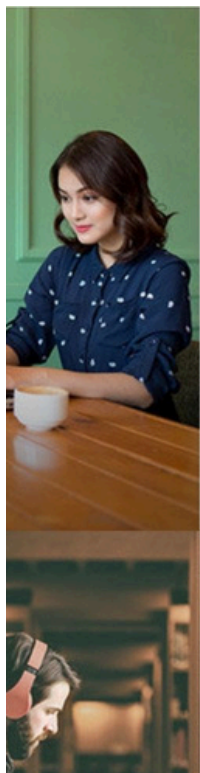

7:00 to 8:30 pm



[Register here](#)

This workshop will explore some of the common concerns seen in graduate writing assignments from course-based writing to research proposals and thesis writing. We will explore the writing process as an aid in clarifying the thought process. We will discuss style and flow in writing, the needs of the reader, and the basis of strong writing - the paragraph.

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!

TRENT UNIVERSITY
Student Wellness Centre
COUNSELLING | HEALTH | ACCESSIBILITY

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!



CAREERSPACE

CAREERS & EXPERIENCES

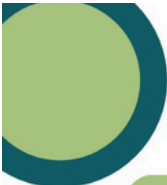
As part of the Foundations of Public Leadership Micro credential Suite, the following courses are open for registration:

Facilitating Public Dialogue in Policymaking

Want to help people have a real say in policy decisions? Join our 4-week online course starting Nov 4 to learn how to guide public conversations that shape better policies. You'll learn how to bring different voices together, make sure everyone feels heard.

Women Taking Charge in Politics and in Life

Our upcoming 6-week Micro-credential course, led by Lois Tuffin, is designed to empower women to embrace leadership roles with confidence and clarity. Through practical strategies and expert guidance, participants will learn how to lead effectively and be heard, no matter the setting.



Writing Café

with Academic Skills

Sunday, November 16, 2025
10 am to 4 pm

OC Commons
(Otonabee College)

**Join us to work on a written assignment
in a comfy, cozy, community space!**


Come for the day, or a part of the day.

Enjoy baked goods and drinks while you write!

Stay focused! *Set writing goals!*

Registration link in our bio

Email acdskills@trentu.ca for more information.



Join Academic Skills at this relaxed and supportive Writing Café to work on your written assignments. Skills Instructors will provide writing support, help you set writing goals, and keep you focused on your task. We will have warm drinks, baked treats, resources, and more. Registration is requested.

Stressed about an upcoming assignment?

BOOK A LIBRARIAN



trentu.ca/library/book-a-librarian




Stressed about an upcoming assignment? Trent's librarians are here to support you! Starting with reliable sources makes writing easier and way less stressful. Book a one-on-one session to boost your research skills and learn how to use library databases more effectively. Meeting with a librarian can help you find trustworthy sources, access subject-specific databases, and build research skills that will support you throughout your degree. Book your subject librarian today

LAWS 4050H

Winter 2026

Dispute Resolution and Restorative Justice

- Expand your understanding of conflict and justice
- Study how dispute prevention and resolution help build stronger workplaces, relationships, and communities
- Be part of a collaborative, engaging, and relaxed learning environment



LAWS 4050H, Dispute Resolution and Restorative Justice running this winter term!

Expand your understanding of conflict and justice. Study how to dispute prevention and resolution help build stronger workplaces, relationships, and community.

What's going on at Trent!



West Bank Breakfast Club
Event Date: Every Wednesday
Event Time: 9:00am - 11:00am
Location: Lady Eaton College, LEC 119



Join us at Trent's Career Expo to connect with employers, discover opportunities, and get expert advice for summer, part-time and full-time jobs.

Why attend?

- Meet employers who are hiring for internships and full-time roles

- Network and build connections for your future

For more tips on how to prepare for a Career Expo visit the link [here](#).

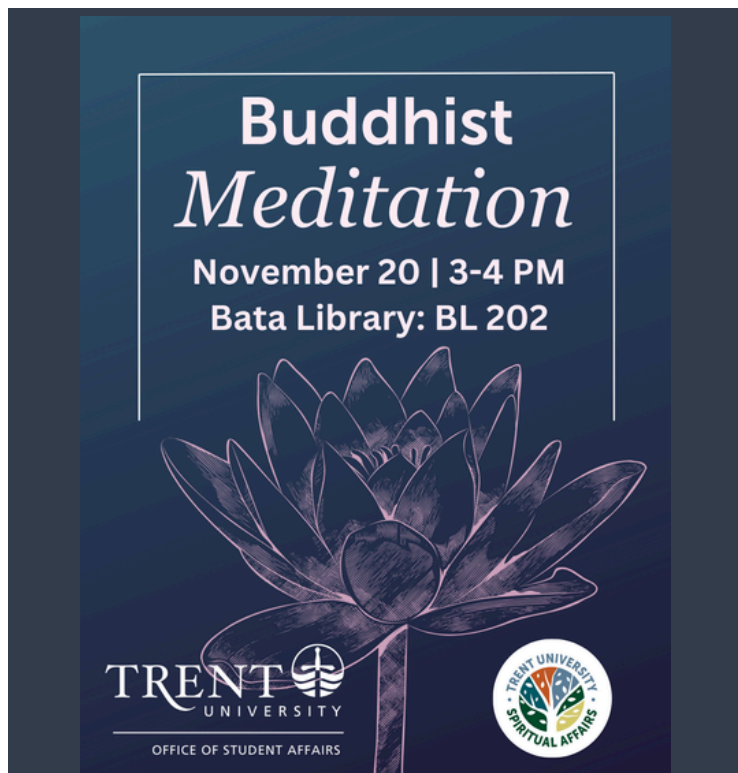
- Don't forget to pick up the event passport for a chance to win a pair of Apple AirPods!

- Location: Trent Student Centre, Peterborough Campus

- Dates & Times:

- Wednesday, November 12 | 11:00 AM – 2:00 PM | [Register here](#)

- Thursday, November 20 | 11:00 AM – 2:00 PM | [Register here](#)



Join Trent Spiritual Affairs for a Buddhist meditation with members of The Buddhist Place. The event will be held on Thursday, November 20th from 3 pm-4pm in Bata Library, Room 202. Our guests will be Terri Morrison, Buddhist member of the Trent Multi-Faith Network, and Karthik Elangovan, member of the Buddhist Place. Terri and Karthik will offer some Buddhist teachings along with a guided, 30-minute meditation. Limited seating and meditation cushions will be available. This event will be capped at 15 people; beginning meditators are welcome.



Join us at Otonabee College for the November Community Lunch.

When: Monday, November 24th at 12:00 PM

Where: OC Commons

Catered by Levantine Grill, featuring kebabs, shawarma, and pie.

Come enjoy great food and connect with the community!

What's going on at Trent!

TRENT UNIVERSITY IMPACT MICROGRANT
PROJECT PRESENTATION

Nourish to Flourish- IMPACT Food Insecurity Project

Andrea Sturgis

COMMUNITY PARTNERS



**MAKE AN
Impact**
Microgrant Program

**Friday November 28,
2025
7-9pm**

TRAILL COLLEGE BAGANI HALL



Nourish to Flourish – IMPACT Food Insecurity Project Presentation
Location:

Bagani Hall, Trill College, Room TC101 on ClassFind, 315 Dublin St, Peterborough, ON K9H 0C3
Date & Time:

Friday, November 28, 2025, 7:00 PM – 9:00 PM

Registration Link: <https://luma.com/6xe9p093>

Join Andrea Sturgis for a presentation on Nourish to Flourish: Peterborough Youth Food Support, a community-driven initiative addressing youth food insecurity in partnership with The Seasoned Spoon Café and The YES Shelter. The project provides nutritious meals and "fuel-on-the-go" snack packs to youth experiencing homelessness while fostering education and dialogue around food justice.



Apply to join the Collegiate Leadership Program!

- Learn beyond the classroom
- Grow your network
- Represent your school, travel to a national competition at Wilfrid Laurier University
- Earn a micro credential!

Visit www.trentu.ca/clc to learn more and apply!

Deadline is November 30th 2025

Weekly sessions January to April 2026

Wednesdays 5:30-7:30pm

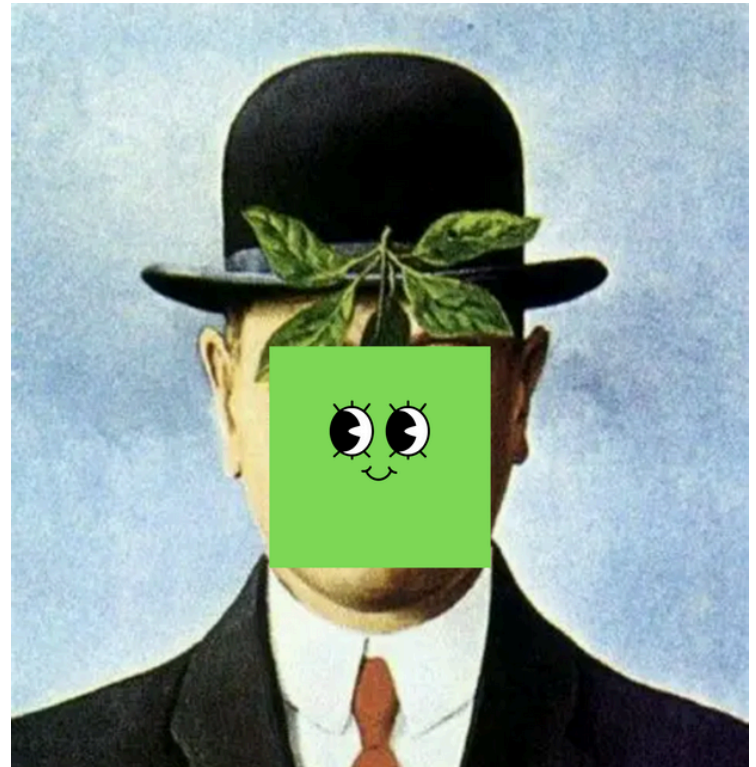
The Collegiate Leadership Competition (CLC) is your chance to grow, connect, and compete. Develop real leadership skills that set you apart, learn through hands-on challenges and team experiences that build confidence and collaboration, meet inspiring student leaders and mentors from across Ontario, and earn a micro-credential to showcase your leadership development, all while representing Trent University at the provincial and international level!

Last year, Trent University won the National Championship and placed 4th internationally.

Applications close November 30.

Leadership practices begin late January, every Wednesday from 5:30–7:30 p.m.

Visit trentu.ca/clc to apply and learn more!





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: Academic Advising

ACADEMIC ADVISING



Academic Advising offers individual in-person and remote appointments Monday to Friday. Meet with an academic advisor in-person, via video chat, or on the phone. Appointments become available for booking on the Student Experience Portal one week in advance, and a limited number of appointments may be released one day in advance. Same-day bookings are also available to book by contacting your College (in-person or by phone) or calling the Academic Advising phone line.

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:

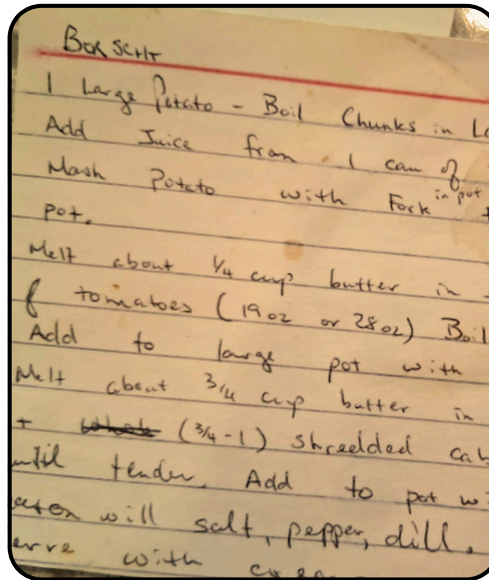
Schwartzenhauer's Family Borscht

[View the Recipe Here](#)

INGREDIENTS

- 1 Large Potato - diced
- 1 19oz can sliced Beets
- 28oz can of Diced tomatoes
- 1 Onion
- 1/2 cup Butter
- 3/4-1 Small Cabbage, shredded
- Half of 1 Cauliflower, in small pieces
- Salt
- Pepper
- Dried Dill
- Cream

RECIPE BY
Great Grandma Fern*



***Edits to recipe courtesy of Intern Theodore's Mom. This is a family recipe, Please Enjoy!**

INSTRUCTIONS

1. In a large pot, add potatoes and water to cover
2. add juice from can of beets
3. Boil potato until tender, mash with fork until just crumbled
4. Julienne sliced beets and then add to pot with potato
5. In a separate pot, melt 1/4 cup butter. Carefully add can of Tomatoes and boil until thickened
6. Add tomatoes to potatoes and beets
7. melt remaining butter
8. Sauté Cabbage, onion, and cauliflower in butter until tender
9. Add to potatoes
10. Add more water if needed - Go Slow
11. Simmer to develop flavor
12. Add salt, pepper, and dill to taste
13. Serve with Cream



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

Traill Mix

What kind of soup does a vampire make?
Nosferastew.



Wellness Resources

[Click Here for More Info](#)

Studying During Exam Season

As exam season approaches we wanted to take a moment to highlight some very helpful study techniques.

For more information on Spaced-Repetition, Active-Recall, Pomodoro, Feynman, Leitner systems, and more click the link above.

5 STRATEGIES FOR STUDYING THIS EXAM SEASON

1



Spaced Repetition

A study method that involves separating your study sessions into spaced intervals.

2



Active Recall

A study technique involving actively recalling information (rather than just reading or re-reading it) by testing yourself repeatedly.

3



Pomodoro Study Method

A study technique where you break down your studying into 25-min (or 45-min) increments. Then, after each session, you'll take a 5-min (or 15-min) break, during which you entirely distance yourself from the study topic.

4



Feynman Technique

A study technique where info is broken down into easily digestible chunks. Digestible enough for the average sixth-grade child.

5



Leitner System

A simple and effective study method that uses a flashcard-based learning strategy to maximize memorization.



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Radical simply means "grasping things at the root."

-Angela Davis