



FALL EDITION XIV - DECEMBER 10TH, 2025

# TRAILL TALES

Catharine Parr Traill College  
Trent University



## A message from our College Principal

Dear Traillites,

It's amazing what can change in a span of 24 hours and over 6000 kilometres. Yesterday morning I watched the sun rise over St. Paul's Cathedral in London on a balmy 12-degree morning. Today, I trudged through the snow to find the College on the Hill had become a true winter wonderland. I do feel very fortunate that I was able to extend my autumn by being at the **Collegiate Way Conference** in England. Each day was held at a different Durham University college and was packed with presentations on student life, supports, and wellness. Each evening consisted of dinners, student performances, and other events that allowed delegates from around the world to connect. Hundreds of universities around the globe are committed to the collegiate model of higher education which underscores personalized, interdisciplinary, and intergenerational interactions. It was truly refreshing and invigorating to be able to share ideas with kindred spirits who believe in the collegiate way of enabling education in the first person. Trent, while special, is not alone. We are all part of something greater... which, should come as no surprise to anyone associated with Trent as our motto has always been *nunc cognosco ex parte*.

I have been told that today's snow has been par for the course for the past two weeks. Despite another storm, our **Sunday College Dinner** saw close to a hundred people fill the common rooms and hallways of Scott House to eat delicious food from the Levantine Grill. Thank you to Traill students and their friends and family for showing up and creating such a warm, collegial environment at our dinners both at Traill and the Emmanuel United Church. This was our last free dinner for 2025. We look forward to welcoming you again in 2026!

Remember, that in spite of the snow, Traill is still here for you as a place to study or take a much-needed break. Scott House is open again this weekend, no after-hours access needed, from 9am-5pm. Our annual **Traill Seasonal Social** is coming up soon! Please mark December 15th from 2-4pm on your calendars. As always, there will be free snacks, great conversations, and singing.

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](mailto:graduate@trentu.ca) or your home department.

## Cabinet Corner



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

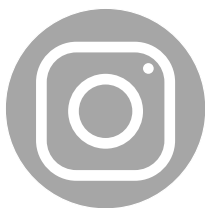
To keep up to date with the college, follow us on social media!

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](#)



[trailcollege](#)

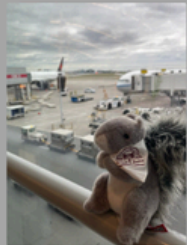


[#trail](#)





Tucker's Travels Across the Pond





TRAILL COLLEGE SWAG

# SALE



# 20%

SELECT ITEMS

[SHOP HERE](#)



# What's going on at Traill!



The annual Traill College Seasonal Social returns! Step out of the cold and into cozy Scott House for a festive celebration with music, holiday cheer, and free hot cocoa and snacks.

Monday, December 15<sup>th</sup> from 2-4PM.

All are welcome! Free event!



FYI: Winter parking restrictions will be in place beginning December 1 to allow for safe, effective winter road maintenance. Parking will not be allowed on any City streets from 2 a.m. to 6 a.m.



Need somewhere to study? Traill College is extending its hours until the end of the exam period, keeping doors open 9AM-5PM Saturday December 13th and Sunday December 14th.



Did you have an outstanding instructor or teaching assistant who shaped your learning or experience at Trent? If so, consider nominating them for a teaching award by 4:00pm on January 12, 2026! Further details about the 2025-2026 University Wide Teaching Awards can be found on the Trent Teaching Commons website. The nomination window is open from December 18, 2025 - January 12, 2026.

# What's going on at Trent!

Are you an International Student at Trent University?  
I am inviting you to participate in a survey and/or an interview about your Traditional Ecological Knowledge.

This research study aims to explore the Traditional Ecological Knowledge (TEK) that international students bring from their cultures to Trent University and Canada and how they can be effectively and inclusively integrated into Trent's sustainability policy.

This research aims to uncover the challenges that Higher Education Institutions (HEIs) face when integrating international students' TEK into Sustainability policy.

**We Need Your Participation!!!**

Scan the QR code to complete the survey

Your participation is voluntarily, you may withdraw from this study at any time

Time commitment for one-on-one interview is approximately 45 mins to max 1.5 hours and the survey is 15 mins  
Feel free to forward this invitation to any international students you may know.

Interested in participating in a one-on-one interview?  
Contact: Najah Wardat at [najahwardat@trentu.ca](mailto:najahwardat@trentu.ca)  
If you have any questions please contact the student supervisor  
Dr. Stephanie Rutherford [srutherford@trentu.ca](mailto:srutherford@trentu.ca)

Participants will have the opportunity to share their perspectives through either an online survey or a one-on-one conversation. Their insights are incredibly valuable to the research! Participants can enter a draw for a \$25 Visa gift card. (Please note: email addresses will not be linked to survey responses.)  
Survey link: [Here](#)

**3 MINUTE THESIS®**  
ARE YOU UP FOR THE CHALLENGE?

Scan for more information and watch last year's 3MT video

SHARE KEY INSIGHTS FROM YOUR COMPLEX RESEARCH

POLISH YOUR PRESENTATION SKILLS

LOTS OF PRIZES TO BE WON!

ACADEMIC SKILLS

**Three Minutes, One Slide, No Props**  
Three Minute Thesis 3MT® competition presents the ultimate challenge for Masters and Ph.D. students. Start prepping over the holidays. See more information at: [3 Minute Thesis](#)

**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](mailto: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](mailto:otonabee@trentu.ca).

**NEED TECH? BORROW IT!**

We've added to our Equipment Collection:

- Laptop chargers
- SD cards
- SD card reader
- Portable light pads
- USB microphone
- Nikon D7500 camera

Explore everything available for loan:  
[guides.lib.trentu.ca/c.php?g=740366&p=5342738](https://guides.lib.trentu.ca/c.php?g=740366&p=5342738)



We've recently added new items to our Equipment Collections, including: Laptop chargers, SD cards, SD card reader, Portable light pads, USB microphone, and Nikon D7500 camera. Students can borrow these items from the Library Service Desk, and browse the full list of available equipment through our [Equipment LibGuide](#).



# What's going on at Trent!



Please be advised that applications for financial support from the Symons Trust for Canadian Studies for research and projects related to the study of Canada must be submitted by email by 11:59 p.m. on Monday, 19 January, 2026.

## What's your MOOD TODAY?

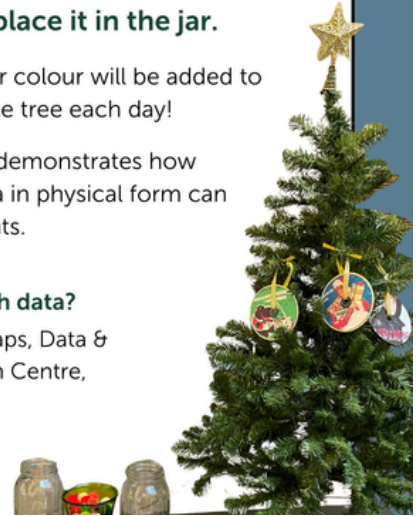
### BATA LIBRARY ATRIUM

Choose the pompom that corresponds to your mood and place it in the jar.

- The most popular colour will be added to the garland on the tree each day!
- This experiment demonstrates how representing data in physical form can reveal new insights.

#### Need help working with data?

Email our team in the Maps, Data & Government Information Centre, [madgichelp@trentu.ca](mailto:madgichelp@trentu.ca).



How can data come to life?

- ▲ Participate in the Data Physicalization Display in the Bata Library Atrium. Your votes will help decorate the tree!
- Choose a pompom that matches your mood and add it to the jar. Each day, the most popular color will be added to the garland on the tree!
- ✍ Vote on the dry-erase board; the top answer will be creatively added to the tree as well.

Produced by the Maps, Data & Government Information Centre (MaDGIC).  
Need help working with data? Email [madgichelp@trentu.ca](mailto:madgichelp@trentu.ca).

## 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.

## Stressed about an upcoming assignment?

### BOOK A LIBRARIAN



[trentu.ca/library/book-a-librarian](https://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](#)

# What's going on at Trent!



## CAMPUS REC WINTER LEAGUE SCHEDULE

REGISTRATION OPENS DECEMBER 3, 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FUTSAL co-ed recreational 5v5 5-9 PM	VOLLEYBALL co-ed intermediate 6v6 7-11PM	VOLLEYBALL co-ed competitive 6v6 7-11PM	VOLLEYBALL co-ed recreational 6v6 7-11PM	BASKETBALL co-ed recreational 5v5 7-11PM
	WOMEN'S INNERTUBE WATER POLO recreational 5v5 8-10PM			BADMINTON co-ed* recreational 2v2 7-11PM

**VISIT THE TRENT UNIVERSITY IMLEAGUES WEBSITE TO  
REGISTER AND FIND INFORMATION ON LEAGUE FEES**

\*TIMES, DAYS, SPORT ARE SUBJECT TO CHANGE

🏆 Get Ready for Winter Sports! 🏆

The Trent University Campus Rec Winter League registration opens December 3, 2025! Whether you're into volleyball, basketball, futsal, badminton, or water polo, there's a spot for everyone, from beginners to competitive players.

📅 Check out the weekly schedule and find your perfect game time.

📱 Scan the QR code or visit the Trent University IMLeagues website to register and get all the details on fees and updates. Don't miss out on the chance to stay active, meet new people, and have a blast this winter!

Note: Times, days, and sports are subject to change.

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(Please note: email addresses will not be linked to survey responses.)

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# 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: Counselling Services**



TRENT UNIVERSITY  
**Student Wellness Centre**  
COUNSELLING | HEALTH | ACCESSIBILITY

Trent Counselling Services provides free, confidential, short-term mental health support to all registered Trent students. Our dedicated therapists promote mental health and wellness with the goal of helping students participate fully in the Trent community.

Appointments are available both in-person and virtually and can be booked online or over the phone at 705-748-1386. In-person appointments are available both at Blackburn Hall on Symons Campus, and here at Trill College in Scott House.

Click the highlighted text above to learn more.

Hello!



**PEER  
SUPPORT**

AT TRENT UNIVERSITY

Check out the Student Experience Portal at  
[ccr.trentu.ca](http://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](http://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:

## White Pasta Sauce

[View the Recipe Here](#)

### INGREDIENTS

- 2 tablespoons Butter
- 2 cloves garlic minced
- 2 tablespoons all-purpose flour
- 2 cups milk
- 1 teaspoon salt
- ¼ teaspoon black pepper freshly ground
- ¾ cup Parmesan cheese grated

Let this simple sauce recipe warm you up this winter. Add to pasta, meat, or vegetables of your choice.

### RECIPE BY Kristina Tipps



### INSTRUCTIONS

1. In a small saucepan, melt the butter over medium heat. Add the minced garlic and saute for 1 minute. Add all purpose flour and stir constantly for about 30 seconds, until a thick paste forms.
2. Slowly pour in the milk, stirring constantly. Whisk for 1 minute, or until it a thick sauce forms.
3. Add the salt, black pepper, and parmesan cheese. Stir constantly until the cheese melts, about 2 minutes. Simmer for 5 minutes, stirring frequently.
4. Remove from the heat immediately and add to cooked chicken, pasta, fish, or vegetables.



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

## Trail Mix

What kind of ball doesn't bounce?

A snowball.





# Wellness Resources

[Click Here for More Info](#)

## Hanging On Through the Holidays

Wintertime is seen by many as a time for celebration and togetherness. Regardless of how you celebrate, though, the holiday season can be a lot to manage. Many people experience an upsurge of grief at this time of year, and others may be returning home to families that they clash with. Adding to this the stress of exam season and the lack of sunlight, December can be a lot to handle. Here are a few tips which can help you cope through the holiday season.

### 1. Get Outside.

While it may be cold, sunshine and fresh air have proven benefits to emotional regulation. Even a five minute walk can help calm an overactive mind. Some activities, like skating, snowshoeing, and skiing, are perfect winter sports to enjoy either alone or with others!

### 2. Contact a Friend.

Stuck at home with no one to talk to? Now is the best time to send that text or make that call. If someone reaches out to you, providing support is invaluable.

### 3. Pick up an Old Hobby... Or a New One!

The school year is a busy time. Use the respite of the winter break to practice an instrument, do a puzzle, or learn a new skill which you can use to unwind.

### 4. Enjoy some Downtime.

Filling every minute of your schedule this holiday season will leave you burnt out when school resumes in January. Spend a few days watching your comfort movies and relaxing so that you can comfortably resume your studies in the new year.

### 5. Practice Self-Compassion.

It's okay to feel down during the holidays. Granting yourself a little grace can go a long way.

The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season.

**This might include:**

**Fatigue  
Tension  
Frustration**

**Loneliness or Isolation  
Sadness  
A sense of loss**

The difference between the holiday blues and clinical anxiety or depression is that the feelings are temporary. However, short-term problems must still be taken seriously because they can lead to long-term mental health conditions.



### Tips for avoiding the Holiday Blues



Stick to normal routines as much as possible.



Get enough sleep.



Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.



Eat and drink in moderation. Don't drink alcohol if you are feeling down.



Get exercise—even if it's only taking a short walk.



Make a to-do list. Keep things simple.



Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.



Set a budget for holiday activities. Don't overextend yourself financially in buying presents.



Listen to music or find other ways to relax.

### Remember

The holiday blues are short-term. Be patient. Take things week by week or day by day.



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Hold a book in your hand and you're a pilgrim at the gates of a new city. - Anne Michaels