



FALL EDITION XIII - DECEMBER 3RD, 2025

# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Coordinator

Dear Traillites,

As our esteemed principal **Michael Eamon** is away for the **5th Collegiate Way International** conference in the United Kingdom, I am briefly taking over at the helm of Traill Tales. Classes may be ending, but there's still a lot going on around the College to share.

Taking breaks, being with friends and eating nourishing meals is *extra* important during this busy, and sometimes challenging, season – all the more reason to come to our final **Sunday College Dinner** of the year, featuring delicious food from the Levantine Grill on December 7th. Traill students and their families and friends are welcome! Speaking of breaks, please mark December 15th from 2-4pm in your busy calendars for the **Traill Seasonal Social**, a festive celebration in Scott House with music, hot chocolate, and treats.

All are welcome to reach out to the Traill College Office if you have questions about booking Academic Advising appointments, accessing other Trent resources, or if you just want to say hi. We are offering extended hours during the exam period and will be open 9am-5pm this weekend (Dec. 5th and 6th) and next weekend (Dec. 13th and 14th). Stop by to get out of the house, settle in to study, and drink a coffee or tea from the Senior Common Room.

Take good care,

*Meaghan Kelly*



# 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>

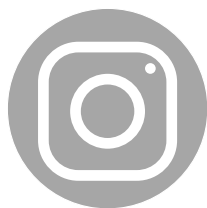
To keep up to date with the college, follow us on social media!

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.](#)



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[#trail](#)





# What's going on at Traill!

CATHARINE PARR TRAILL COLLEGE

## SUNDAY DINNERS

5pm

**FREE MEAL WHILE SUPPLIES LAST!**



DECEMBER 7<sup>TH</sup>

SCOTT HOUSE 105, TRAILL COLLEGE

LEVANTINE GRILL, CHICKEN SHAWARMA & MIXED BEAN SALAD

CUPE 3908 SCFP

EMMANUEL UNITED CHURCH  
534 GEORGE ST. N,  
PETERBOROUGH



You're invited to Traill College Sunday Dinner this December! Join us for Levantine Grill's Chicken Shawarma and Mixed Bean Salad! Totally free.

Scott House 105, Traill College; 5pm-7pm  
or while supplies last!



## Traill College Seasonal Social

Join us for a holiday celebration in Scott House!

Monday, December 15<sup>th</sup>  
2pm - 4pm

Enjoy free snacks and hot cocoa with your Traill College community!

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>  
2-4PM

All are welcome! Free event!

## PRE-EXAM STUDY SESSIONS

Thursdays November 20<sup>th</sup>, 27<sup>th</sup>,  
and December 4<sup>th</sup> 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 and final papers? Need a body double to focus or looking for a change of scenery? Join us in The Trend for the last pre-exam study session of the year on

December 4<sup>th</sup> from 4-6 PM to enjoy some free snacks and get some work done in a low-stress and encouraging environment.

All are welcome!



Meet Traill College's coolest new student! Rocking a cozy Traill scarf and a stylish hat, this snowman is ready to brave the winter chill with plenty of college spirit. Stay warm and have fun building your own frosty friends!



Make sure to email [traill@trentu.ca](mailto:traill@trentu.ca) if you meet any other snowmen with Traill scarves over the break!

# What's going on at Trent!



Come by and grab something to eat @ Lady Eaton College!  
Lady Eaton College has partnered with the Trent Fund & The Lady Eaton College Student Cabinet to address food insecurity by providing healthy free food items.

**Every Wednesday, 9am-11am (or while supplies last), outside the Lady Eaton College office, we will have a variety of tasty food & drink items for you to take away. Completely free.**

Don't go to class hungry! Grab a snack and make the most of your day.



Join Trent Spiritual Affairs (Office of Student Affairs) and Lady Eaton College for a gathering to recognize the upcoming winter Solstice and the turning of the seasons. We will meet at the LEC pit to make some simple mason jar lanterns. From there, we will proceed on a lantern walk to an outdoor location where there will be an invitation to walk a cedar spiral. We will wrap up with some reflective time and warm apple cider!

WHEN: December 4 5-6:30

WHERE: meet at LEC 206 (The Pit) then outdoors  
Register now!

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



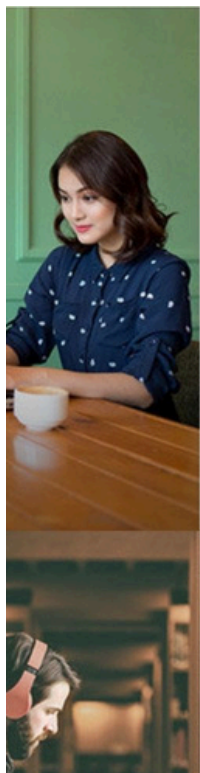
### Explore everything available for loan:

[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!



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.

THURSDAY, DECEMBER 4TH AT 1PM | BATA LIBRARY

## EXAM PREP POWER HOUR

FOR TRANSFER STUDENTS\*

JOIN US TO SHARE SNACKS AND DISCUSS  
STRATEGIES TO PREPARE FOR AND WRITE EXAMS

\*ANY STUDENTS LOOKING TO BRUSH UP ON EXAM PREP SKILLS ARE  
WELCOME AS WELL

Hosted by Academic Skills & Academic Advising



Registration requested



Are you a college-to-university transfer student\* that has final exams? Looking for study tips and tricks? If so, join Academic Skills in person on Thursday, December 4 at 1pm in Bata Library, Room 206. Or join over Zoom on Friday, December 5 at 12pm. We'll cover strategies for preparing for and writing tests or exams, and provide healthy snacks! Please register by December 1 using your Trent email address. \*Any students looking to brush up on exam prep skills are welcome to join as well.

## 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.



## Winter Parking Restrictions

**No on-street parking 2 a.m. to 6 a.m.  
December 1 to April 1**

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.

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](#)





# 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 Skills Exam Prep**



Prepare for and Write Exams:

At university, you will encounter many different types of exams. It is important to consider the types of questions you will have to answer when you make a study plan.

Check out the Trent Academic Skills website for exam study tips and preparation.

*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:

## Hearty Winter-Vegetable Soup

[View the Recipe Here](#)

### INGREDIENTS

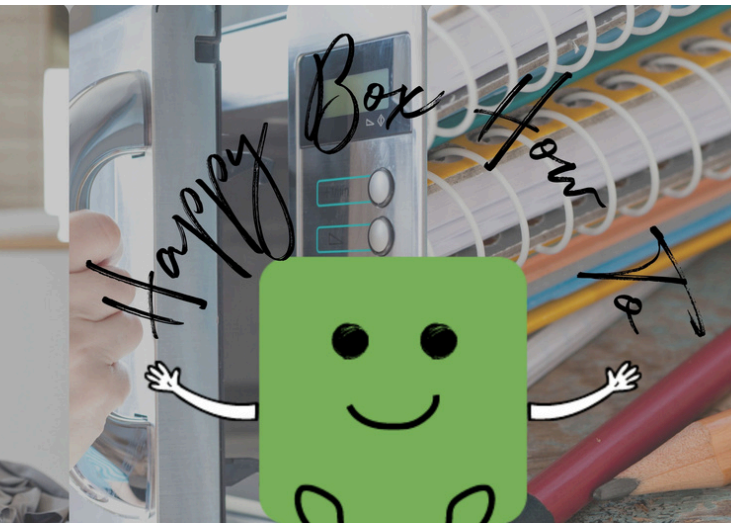
- 2 tbsp olive oil
- 4 leeks, white and pale-green parts only, halved lengthwise, cut into 1-inch pieces, and washed well
- 3 celery stalks, cut on the bias into ½-inch-thick pieces
- 3 medium carrots, cut into cubes
- 2 garlic cloves, crushed
- 2 pinches red-pepper flakes
- Coarse salt and freshly ground pepper
- 5 ¼ cups homemade or store-bought low-sodium chicken stock
- 1 small (1 to 1 ½ pounds) butternut squash, peeled and cut into cubes
- 2 Yukon gold potatoes (about 12 ounces), cut into cubes
- 1 head escarole, (Italian Lettuce) cut into 1-inch-thick ribbons
- 1 can (15 ounces) chickpeas, drained and rinsed
- 2 tbsp fresh lemon juice
- 2 tbsp thinly sliced fresh mint
- 2 tbsp thinly sliced fresh dill

RECIPE BY  
**Martha  
Stewart**



### INSTRUCTIONS

1. Heat oil in a 6-8 quart Dutch oven or stockpot over medium-high heat. Cook leeks, celery, carrots, garlic, red-pepper flakes, and 1 teaspoon salt, stirring occasionally, until leeks are translucent, about 5 minutes.
2. Add stock and 1 1/2 cups water, and bring to a boil.
3. Add butternut squash and potatoes. Return to a boil.
4. Reduce heat, and simmer, partially covered, until vegetables are tender, about 15 minutes.
5. Stir in escarole and chickpeas, and return to a boil. Stir in lemon juice and herbs. Season with salt and pepper.
6. Enjoy!



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

## Traill Mix

What font does noodle soup always use to write its papers?  
Times New Ramen!





# Wellness Resources

[Click Here for More Info](#)

## Beat the Clock: How to Write Quickly and Effectively in Exams

Finishing an exam on time isn't just about how much you studied. It's about how efficiently you can put your knowledge onto the page.

Many students know the answers but lose marks simply because they run out of time, struggle with slow handwriting, or get stuck planning mid-answer. The good news? Writing faster is a skill you can train.

With the right habits, smart planning, and consistent practice, you can boost your speed, improve your clarity, and walk into every exam feeling more confident and in control.

To get more information about exam day tips that actually work, click on the link above!

### Key Tips to Boost Exam Writing Speed

- Plan before you write.** Spend a minute sketching an outline, a mind-map or key points to stay focused and avoid repetition mid-answer.
- Warm up your hand before starting.** Simple stretches or writing a few lines can loosen muscles and prevent cramps, helping you maintain steady speed throughout.
- Answer easiest or best-known questions first.** This builds confidence, saves time early, and ensures you secure marks on questions you're comfortable with reducing exam-day stress.
- Use the final minutes wisely.** Instead of rewriting, quickly scan for unanswered questions, missing diagrams or glaring mistakes, then move on. It's more efficient than trying to polish everything.



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Tis harder knowing it is due, Than knowing it is here.  
-Emily Dickinson