



TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

Our free **Sunday College Dinner** held last weekend was a huge success! About 92 college members, friends, and family were at Emmanuel United Church for a feast of chili, baked potatoes, and home-baked desserts. The folks at Emmanuel invited the Trent University K-Pop Dance Team and they put on quite the show! Many thanks to all the volunteers and donors who continue to support this popular initiative.

Because of the way the weeks line up before Reading Break, our next free **Sunday College Dinner** will be THIS Sunday. On January 18th, join us in Scott House at Traill College where we will be offering a feast provided by Levantine Grill. This will include halal chicken, rice, falafel, and salad. As always, it starts at 5 PM and we will continue to offer food until it runs out. This week, we will be giving out college scarves to new students and will have games and other activities for those who want to stick around after dinner. A special welcome to our mature and transfer students, our graduate students, and all new members of the college!

Next week, there is a lot in store for you at the College. The **Symons Seminar Series for Graduate Research** begins again with three great student presenters. Come to Bagnani Hall on Thursday, 22 January at 7 PM for free food and great discussions. Our participants will be **Ruth Duncan** talking about *Chemical Contamination and Community Risk Perception in Mi'gmaq Communities*, **Khad Haque** presenting *Oral Histories of Environmental and Climate Injustice in Peterborough* and **Lakshika Bansal** with the *Functional Role of 97R in Host Cell Modulation during Frog Virus 3 Infection*. It is a special treat to have three presenters in one evening, so you do not want to miss this!

Next week is also **Thrive Week** across the university which supports health and wellness. At Traill College, we will have **TRAILL CHEER MAIL** where we will encourage you to "leave a note • take a note • spread cheer." Look for our mascot, the Happy Box, who will be located somewhere at Traill with writing supplies and paper. Write an encouraging note for others and take one for yourself! On Thursday, 22 January from 1 to 3 PM we will be welcoming back **Pause for Paws**. Join academic advisor **Ashley** and her dog **Riddick**, along with Traill's resident therapist **Nicole**. Come by for a snack, to talk about advising, wellness, or just to befriend an extremely cute dog!

Finally, the 2025 Matriculation photo from the **Scarf Ceremony** is ready for your signature. All College members are welcome to sign it (whether you are in the photo or not). Please drop by the College Library and sign the matte around the photo to become part of College history.

Until next week,



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

Cabinet Corner



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

Looking to book an academic appointment?



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

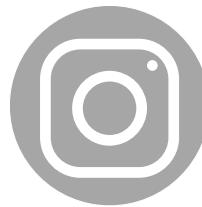
Traill College offers same-day appointments on Fridays from 9:00am - 4:00pm for both Advising and Skills. Book Advising at 705-748-1011 ex. 1488 or come to the college office to book in-person. Book Skills on the [Student Experience Portal](#). Appointments are on a first-come, first-served basis.

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

Swag Shop



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



@traillcollege



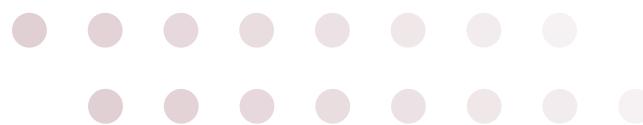
Traill College



traillcollege



#traill



What's going on at Traill!

CATHARINE PARR TRAILL COLLEGE SUNDAY DINNERS

5pm

FREE MEAL WHILE SUPPLIES LAST!



JANUARY 11TH
EMMANUEL UNITED CHURCH
CHILI (MEAT AND NON-MEAT)
BAKED POTATO & GARLIC TOAST
DESSERT

JANUARY 18TH
SCOTT HOUSE 105, TRAILL COLLEGE
LEVANTINE GRILL, CHICKEN
SHAWARMA & MIXED BEAN SALAD

CUPE 39 SCFP

EMMANUEL UNITED CHURCH
534 GEORGE ST. N.,
PETERBOROUGH

GSA!



TRENT
UNIVERSITY
FOODSERVICES

TRENT
UNIVERSITY
FOODSERVICES
Why a Graduate Degree?

Sunday Dinners are back!

Join us on Sunday, January 18th at 5pm in Scott House 105 to enjoy chicken shawarma and mixed bean salad from Levantine Grill.

Come enjoy a free meal while supplies last!



The Squirrel With a Pearl Earring T-Shirt is now available! Come into the office or [buy online!](#)

TRAILL COLLEGE CLASS of

2
0



Your Signature Here! ↗

Trent University uses matriculation dates to group students into classes. This means that your class year is the year that you began your studies at Trent, rather than the year you graduate! If you matriculated into Trent and Traill in 2025, come by the Traill Library in Scott House to sign your class photo!

Calling the Class of 2025! If you began your studies at Trent and Traill in 2025 and want to be immortalized on the walls of Traill College, come by our library in Scott House to sign your class photo!

Stop by before February 1st!

25

THRIVE WEEK Pause Paws

Come visit us in the Junior Common Room to de-stress, befriend an extremely cute dog, & have a casual chat with one of our academic advisors and counsellors.

Thursday January 22nd
1-3pm
Junior Common Room

Light refreshments and colouring pages will also be available.



Come visit us in the SCR to de-stress with some dog petting and a casual conversation with our Academic Advisors.

Thursday January 22nd
1-3pm
Junior Common Room, Scott House, Traill College

What's going on at Traill!



3 MINUTE THESIS® INFORMATION SESSION

THREE MINUTES
ONE SLIDE
NO PROPS
ARE YOU UP FOR THE
CHALLENGE?

3MT IS A GREAT
OPPORTUNITY TO PRESENT
YOUR RESEARCH TO A
GENERAL AUDIENCE.

REGISTER FOR THE
INFORMATION SESSION



MONDAY, JANUARY 19TH



226 WALLIS HALL
OR VIA ZOOM



7:00 PM



3MT Information Session

3MT® competition presents the ultimate challenge for graduate students. Explain your complex and highly specialized research to a general audience in just three minutes. Information session on January 19 at 7 pm.

MOTIVATION MONDAYS: GRADUATE WRITERS' GROUP



Every Monday:

January 19 to February 23



Zoom



10:30 to 11:30 am

Register here



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. We will be meeting every Monday from January 19 to February 23 @ 10:30 to 11:30 am. Online via Zoom.

Writing about Quantitative Data for Grad Students



Thursday
January 29



3:00 - 4:30 pm



Online via Zoom

Register here



Are you planning to include quantitative data in your research project? 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. Thursday, January 29 @ 3:00 to 4:30 pm Online via Zoom.

3 MINUTE THESIS®

ARE YOU UP FOR THE CHALLENGE?



SHARE KEY INSIGHTS
FROM YOUR COMPLEX
RESEARCH

POLISH YOUR
PRESENTATION SKILLS

LOTS OF PRIZES TO BE
WON!



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



Three Minutes, One Slide, No Props

Three Minute Thesis 3MT® competition presents the ultimate challenge for Masters and Ph.D. students. See more information at: [3 Minute Thesis](#)

What's going on at Traill & Trent!



Thomas H. B. Symons SEMINAR SERIES

TRENT UNIVERSITY

Lakshika Bansal

Khad Haque

Ruth Duncan

Functional Role of 97R in Host Cell Modulation during Frog Virus 3 Infection

Oral Histories of Environmental and Climate Injustice in Peterborough

Chemical Contamination and Community Risk Perception in Mi'gmaq Communities

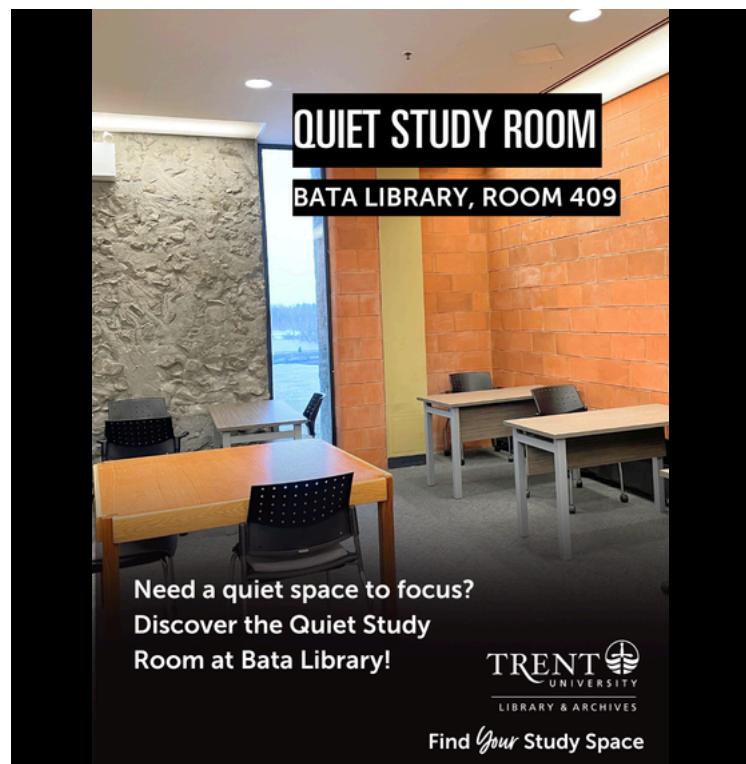
Bagnani Hall
Traill College

Jan 22, 2026
7:00 PM

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

THOMAS H. B. SYMONS SEMINAR SERIES
ON GRADUATE STUDENT RESEARCH

Symons Seminar Series running this semester!
Bagnani Hall, Traill College, Thursday, January 22 at 7pm!
Stop by to hear about the research of Lakshika Bansal,
Khad Haque, and Rush Duncan



QUIET STUDY ROOM

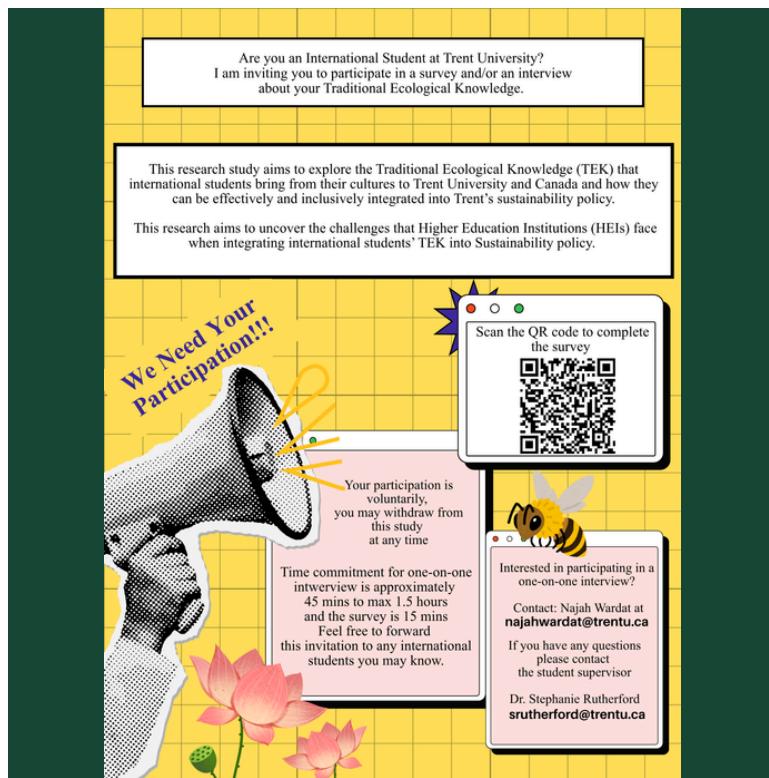
BATA LIBRARY, ROOM 409

Need a quiet space to focus?
Discover the Quiet Study Room at Bata Library!

TRENT UNIVERSITY
LIBRARY & ARCHIVES

Find Your Study Space

Looking for a quiet zone to concentrate? BL409 at Bata Library is designed for focused work and distraction-free study sessions. Perfect for when you need to get things done.



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!!!

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

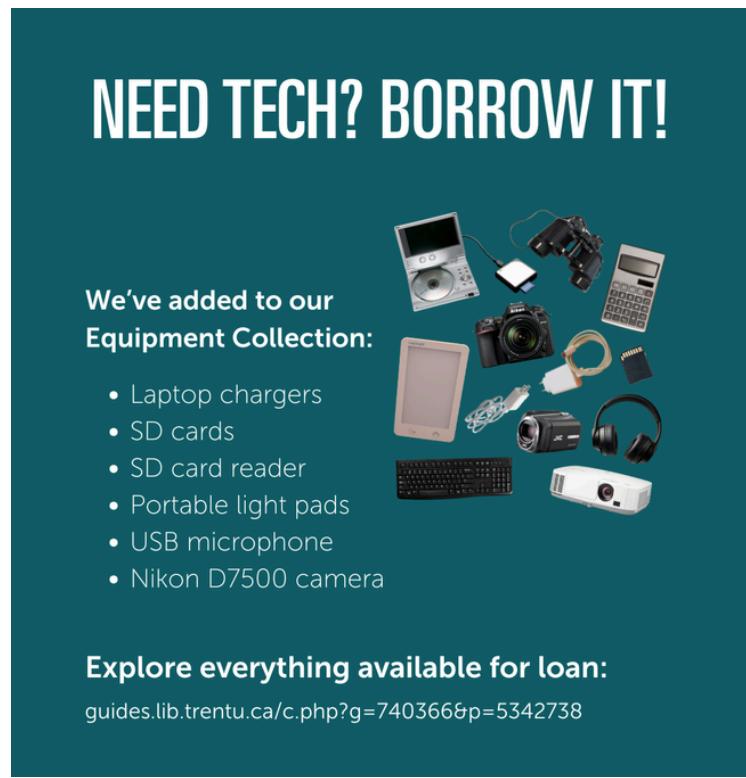
Time commitment for one-on-one interview is approximately 45 mins to max 1.5 hours and the survey is 15 mins

Feel free to forward this invitation to any international students you may know.

Scan the QR code to complete the survey

Interested in participating in a one-on-one interview?
Contact: Najaah Wardat at najaahwardat@trentu.ca
If you have any questions please contact the student supervisor
Dr. Stephanie Rutherford at srutherford@trentu.ca

Are you an international student? Participate in a survey and/or an interview about your Traditional Ecological Knowledge! 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](#)



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



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!

Homeroom

Are you looking for community and learning support?

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



Find community and strengthen your learning skills by meeting weekly with other students and Academic Skills Instructors. We will explore strategies about managing time, reading, taking notes, written assignments, and studying to help you thrive in university. Upper-year Trent students and special guests will join us to share tips and resources followed by free food and prizes.

Tuesdays at 4 pm in the Lady Eaton College Pit (LEC 206), from January 13 to February 10 and Wednesdays at 4 pm in the Jake Thomas Room/Kitchen (ENW 345) from January 14 to February 11, 2026



ACADEMIC
ADVISING
TRENT

ACADEMIC
SKILLS
IN THE COLLEGES

You're Invited to STUDY CAFÉ

For Mature & Transfer Students

January 14 - March 11
1:00 PM - 2:30 PM

LADY EATON
COLLEGE PIT



REGISTER USING THE
QR CODE



Hosted by Academic Advising and Academic Skills, Study Café is a weekly gathering for mature and transfer students who seek community as well as dedicated time and space for academic development.

Attend all eight sessions or drop by when it works for your schedule. Each week we'll meet over refreshments to discuss strategies for studying, test-taking, and preparing assignments. We'll also cover important information about course and degree planning and introduce helpful services across campus.

Wednesdays 1:30pm in the Lady Eaton College Pit (LEC 206)
January 14 to March 11, 2026 (excluding Reading Week)

Max Eisen Lecture in Holocaust Studies presents

Flights of Spirit



Holocaust survivor and author Elly Gotz in conversation with historians Tomaz Jardim and Doris Bergen

January 20, 2026
6:00 p.m. - 7:30 p.m.

All are welcome to hear Holocaust survivor and author Elly Gotz share his incredible journey at the upcoming Max Eisen Lecture in Holocaust Studies. Gotz spent his teenage years in a Nazi Ghetto in Kaunas and later in concentration camp Dachau, Germany, where he was liberated in 1945 by the American army. Gotz will share his experiences during the war and after liberation from the concentration camps, his search for education, and later life. January 20 | 6:00 p.m. - 7:30 p.m. [Register now!](#)

LEADERSHIP MATTERS: CONNECTING KNOWLEDGE & ACTION

Webinar Series



Dr. Seth R. Silver &
Dr. Timothy Franz

Becoming a Best Boss

Friday, January 16, 2026

12:00pm - 1:00pm

Register Now:

trentu.ca/library/leadership-matters

TRENT
UNIVERSITY
LIBRARY & ARCHIVES

LEADERSHIP &
DEMOCRACY LAB

Join us for Leadership Matters, a free, monthly lunch-hour webinar series designed to bridge the gap between leadership theory and real-world practice. Each session brings together faculty, students, and community members to explore how leadership can address today's challenges.

Becoming a Best Boss: Discover the Top 10 qualities that set great leaders apart.

January 16, 2026 | 12:00 - 1:00p.m.

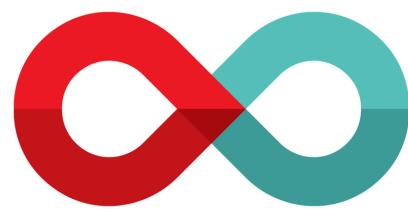
Presented by Dr. Seth Silver & Dr. Timothy Franz

[Read More and Register](#)

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.



Canadian
Blood
Services

EXPERIENCE WHAT YOU GET WHEN YOU GIVE, TOGETHER

The Canadian Blood Services are in critical need of blood to meet the growing demand of Canadian patients, and we urgently need 1 million new donors in the next five years to maintain a safe and reliable national blood supply. University communities play a vital role in supplying blood to those in need. Sign up for the upcoming blood donation clinic on January 28th at the Trent Athletic Center (Gymnasium) from 10:00 AM – 2:00 PM at blood.ca.

A photograph of a Three Minute Paper (3MP) competition. A male speaker stands on a stage with a podium, addressing an audience seated in rows of chairs in a large auditorium. A large screen on the left displays the competition's name.

SHARE YOUR UNDERGRADUATE RESEARCH
IN A FUN & CHALLENGING
COMPETITION

3MP Applications due February 1
trentu.ca/3mp

Applications for the 12th annual Three Minute Paper (3MP) Competition are now open! On March 4, 2026, Trent undergraduate students will be challenged to present their complex research to a general audience in just 180 seconds. Rise to the challenge and demonstrate your capacity to balance complexity with clarity and concision! Submit your application to present your thesis, community-based, or major research project by February 1, 2026. Click [here](#) for more information.

A photograph of a female librarian with long curly hair and glasses, wearing a black jacket, sitting at a desk and assisting a male student who is wearing a purple hoodie with 'TRENT UNIVERSITY' on it. They are looking at a book together. The background is filled with green foliage.

Stressed about an
upcoming assignment?
BOOK A LIBRARIAN

trentu.ca/library/book-a-librarian

TRENT
UNIVERSITY
LIBRARY & ARCHIVES

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!

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



TRENT UNIVERSITY | **Swansea** University
Prifysgol Abertawe

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.



Get support with resumes & cover letters, job search, career options, interview prep, grad school applications and more!. We NOW offer Headshot Appointments for LinkedIn Profiles.  Book now via SEP: Peterborough Campus > Appointment Bookings > Careerspace or click [here](#).

WINTER 2026 GRADUATE Programs, Workshops & Events

Calling all Graduate Students!
Join us this semester and refine your academic skills!

Weekly Programs

Program runs weekly and covers various academic skills/writing topics.
Attend one or all sessions.

Motivation Mondays

Mondays from Jan 19 - Feb 23 (excl. Feb 16)
10:30-11:30AM | Zoom

Special Events

3 Minute Thesis® (3MT) Info Session
Jan 19 at 7PM
WH 226, Trail College or on Zoom

Graduate Research Day
Multiple sessions on Feb 18
10AM-4PM | Bagnani Hall, Trail College

3 Minute Thesis® (3MT) Competition
Apr 9 at 7PM | Market Hall, Downtown PTBO

Scan the QR Code for Information & Registration

Registration (scan QR code)
Free Food/Snacks!



Visit our Social Media or Email us for more info!

 @trentuacimals
 @TrentUAcademicSkills
 acdskills@trentu.ca

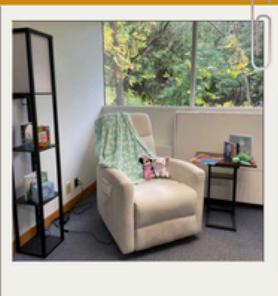
Academic Skills Winter Graduate Programs, Workshops & Events! Check out the full calendar of Academic Skills programming for this 2026 winter term!



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.

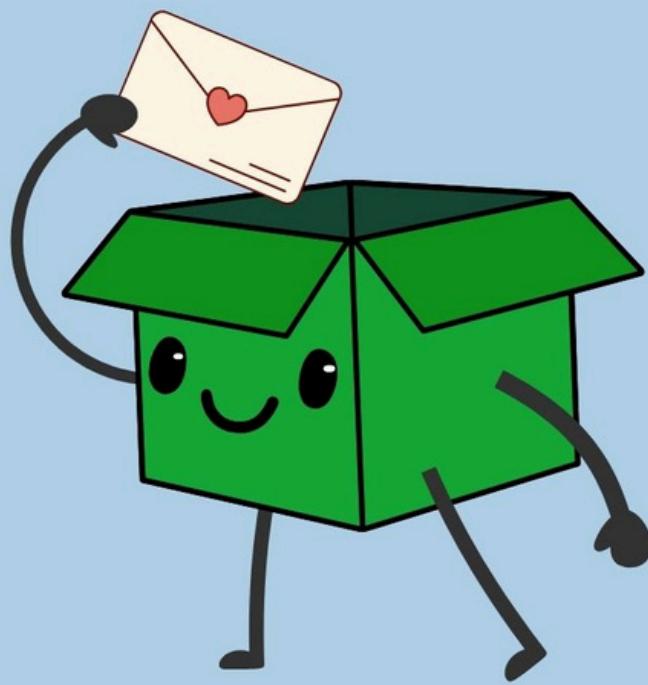
Please reach out to otonabee@trentu.ca to inquire or gain access to the room!



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.

Traill College
presents

TRAILL CHEER MAIL



A Thrive Week 2026 Program

January 19th to 23rd

Leave a note • Take a note • Spread cheer



Thrive Week is a series of free events and programs designed to enhance and support students' mental health and wellbeing. At Traill, we want to emphasize the importance of community support. Our mascot, the Happy Box, will be located somewhere at Traill with writing supplies and paper. Write an encouraging note for others and take one for yourself!

You are not alone!



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: Same-Day Academic Advising

ACADEMIC ADVISING

TRENT
UNIVERSITY

During the first two weeks of the Winter term (January 7 to January 21, 2026), the Academic Advisors in all Colleges will be booking Same-Day Advising appointments.

These appointments can only be booked on the same day they occur; these appointments cannot be booked in advance.

For more information about appointments at the start of the winter term, click the link above.

Hello!



PEER SUPPORT

AT TRENT UNIVERSITY

Here to listen and support. Let's connect.

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

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:

Perfect Strawberry Smoothie

[View the Recipe Here](#)

INGREDIENTS

- 1 cup milk of choice
- 1/4 cup Greek yogurt (or plain, strawberry, or vanilla yogurt)
- 1 1/2 tablespoons maple syrup, honey, or agave syrup
- 2 cups frozen strawberries
- 1 ripe banana (at room temperature)



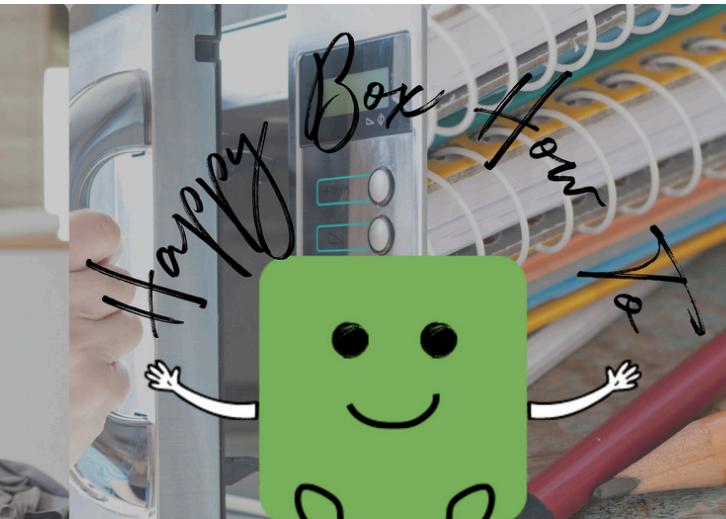
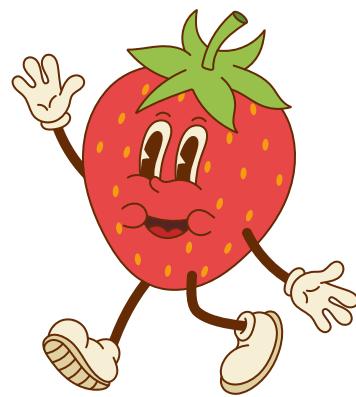
RECIPE BY

Sonja Overhiser



INSTRUCTIONS

1. Place all ingredients in the order listed in a blender, breaking the banana into pieces.
2. Add 1/2 cup ice.
3. Blend until creamy and frothy, stopping a few times to scrape down the sides.
4. Taste and adjust sweetness as desired.
5. Serve immediately or store in a covered jar in the refrigerator for 2 days.



How to Make an
Academic Advising
Appointment

Featuring
Tucker the
Squirrel!



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

Traill Mix

How do you keep a skunk from smelling?

Plug its nose.



Wellness Resources

[Click Here for More Info](#)

Nutrition in the Winter

Did you know that your body's nutritional needs change in the wintertime? It's important to give your body the fuel it needs in these cold, dark days!

With so little sunshine during the day and sickness going around, it's important to eat foods packed full of vitamins C&D.

Winter comfort foods like soups and stews help keep you physically warm, but they also provide emotional comfort and improve mental wellbeing!

Soup and tea can help you stay cozy and hydrated, too!

Follow the link above for more information about Nutrition in the Winter and recipe ideas!



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What sort of people would we be if we didn't go into the library? - Terry Pratchett