



TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

I understand that the snow has made parking extremely difficult around Traill College. However, I must remind college members that the **Hospice Peterborough** parking lot on London Street is for the families of those who are receiving end-of-life care. I ask that you please DO NOT park in this space, as doing so only adds to the challenges of those visiting their loved ones. Hospice reserves the right to tow any vehicle that is not authorized to be there. I appreciate your consideration and understanding.

This week, I also wanted to take a moment to celebrate **Najah Wardat** who is this year's organizer of the **Symons Seminar Series** for Graduate Research. Last Thursday, over 40 graduate students, undergraduates, faculty, and community members attended an exciting session. This is the largest turn-out that we have had for the series since COVID! It was wonderful to see so many people discussing their research and making important connections between the Humanities and Sciences. The lack of open communication is a sad hallmark of our present age, and it was great that our students, led by Najah, could break down the barriers that exist in their own humble way. There are still two more monthly seminars, plus the year-end Gala! Stay tuned to *Traill Tales* for more details.

Finally, it is hard to believe that February is around the corner and this Sunday, February 1st is our next free **College Dinner**. This time we are meeting at Emmanuel United Church at 5 PM for pasta, garlic bread, salad, and a wide assortment of desserts. All students, staff, family, and friends of the college are welcome to attend. I look forward to seeing you there!

Until the next time,



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

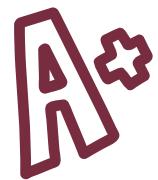


<https://www.trentu.ca/colleges/trail/belong/cabinet>

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](#).

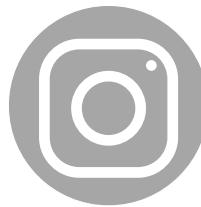
Traill College offers same-day appointments on Fridays from 9:00am - 4:00pm for both Advising and Skills. Book Advising at 705-748-1011 ex. 1488 or come to the college office to book in-person. Book Skills on the [Student Experience Portal](#). Appointments are on a first-come, first-served basis.

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



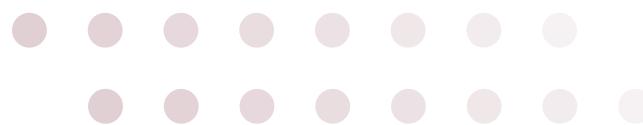
Traill College



traillcollege



#traill



What's going on at Traill!



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

TRAILL COLLEGE CLASS of

20



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!

25

Calling the Class of 2025! If you want to be immortalized on the walls of Traill College, come by our library in Scott House to sign this year's class photo!



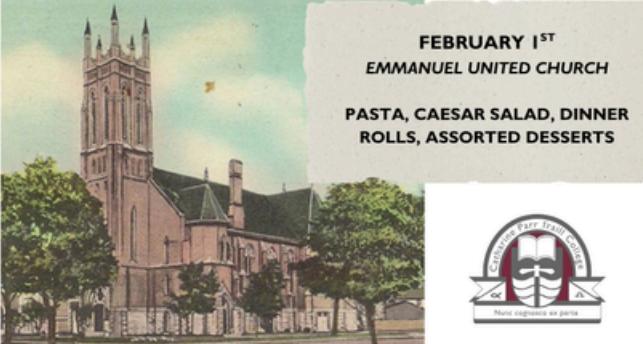
For Thrive Week last week, Traill College installed a mini Happy Box around the College, encouraging students to leave a note, take a note, and spread cheer. Many people participated and, to our surprise, more people left notes than took them! We'd like to thank everyone in the Traill Community who took a moment to support each other through Traill Cheer Mail. All of the remaining notes have been displayed in The Trend. Stop by and read them if you need some cheer!

What's going on at Traill!

CATHARINE PARR TRAILL COLLEGE SUNDAY DINNERS

5pm

FREE MEAL WHILE SUPPLIES LAST!



CUPE 3908 SFCP

EMMANUEL UNITED CHURCH
534 GEORGE ST. N.
PETERBOROUGH

GSA+



TRENT
UNIVERSITY
FOODSERVICES

TRENT
UNIVERSITY
Why a Graduate Degree?

Join us at 5PM this Sunday, February 1st, at Emmanuel United Church for a FREE meal (while supplies last). This week we'll be having pasta, Caesar salad, dinner rolls, and assorted deserts generously provided by the parishioners of Emmanuel United. See you there!

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®

APPLICATIONS OPEN
DUE: FRIDAY,
FEBRUARY 13

THREE MINUTES
ONE SLIDE
NO PROPS

GRADUATE STUDENT
COMPETITION

MORE INFORMATION HERE

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 Trent!



ACADEMIC ADVISING
TRENT UNIVERSITY
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

A QR code is displayed for registration.

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.

Wednesdays 1-2:30pm in the Lady Eaton College Pit (LEC 206)
January 14 to March 11, 2026 (excluding Reading Week)

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.

Join us 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



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.

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!



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!

@trentuacademicskills
@TrentUAcademicSkills
acskills@trentu.ca

Monthly Workshops
Workshops run once this semester.
Sign-up and attend virtually.

Jan 29 Writing About Quantitative Data
3–4:30PM | Zoom

Feb 26 Writing about Qualitative Data
3–4:30PM | Zoom

Mar 12 Thesis Defence Survival Strategies
3–4:30PM | Zoom

Mar 26 Navigating Academic Publishing
3–4:30PM | Zoom

Scheduling Conflicts? Can't Attend?
Visit our website for How-to-Guides, Planning Templates, Referencing Guides, and more!
www.trentu.ca/academicskills

Make an appointment with an Academic Skills Instructor on the Student Experience Portal!
www.trentu.ca/sep

Join the Graduate Student Writer's Group and view slide presentations!


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



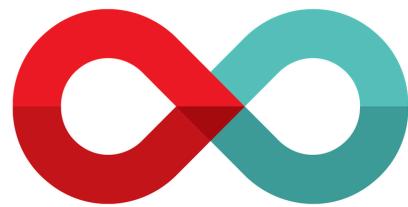
**SHARE YOUR UNDERGRADUATE RESEARCH
IN A FUN & CHALLENGING
COMPETITION**

A speaker is presenting on a stage to an audience in a lecture hall.

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.

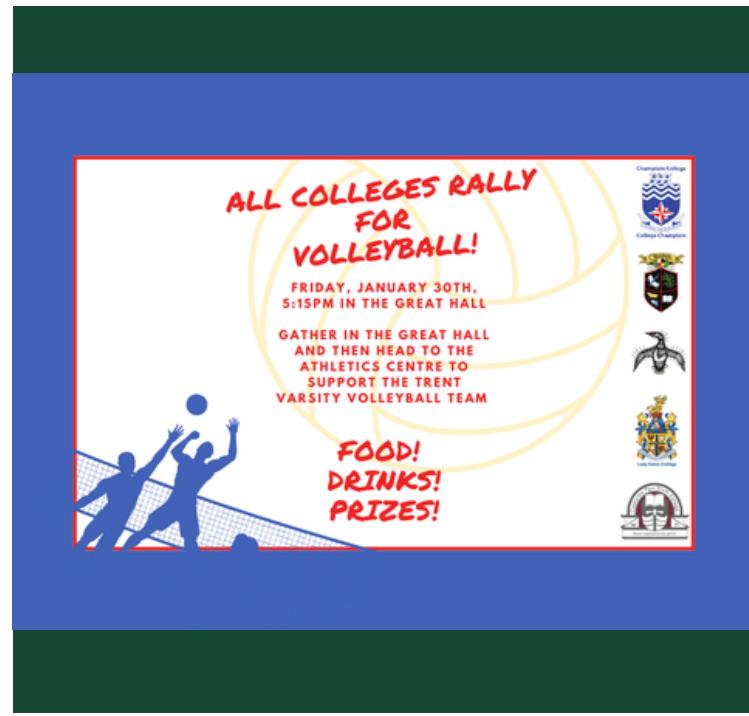


Canadian Blood Services

**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.



ALL COLLEGES RALLY FOR VOLLEYBALL!

FRIDAY, JANUARY 30TH,
5:15PM IN THE GREAT HALL

GATHER IN THE GREAT HALL
AND THEN HEAD TO THE
ATHLETICS CENTRE TO
SUPPORT THE TRENT
VARSITY VOLLEYBALL TEAM

FOOD!
DRINKS!
PRIZES!



All Colleges Rally For Volleyball!

Friday, January 30th,

5:15pm in the Great Hall

Gather in the great hall and then head to the athletics center to support the Trent varsity volleyball team.

Food! Drinks! Prizes!

What's going on at Trent!



Trent Sustainability Office
Clothing Swap
100% FREE
JANUARY 29TH
OTONABEE FOYER NEAR
WENJACK
1:00pm-4:00pm
Take, donate or do both, all 100% free! No swapping is required.

Looking to refresh your wardrobe sustainably? Join Trent's Sustainability Office for a Free Clothing Swap! Browse and take clothing for free with no requirement to donate (though donations are always welcome if you have items to share!) Come to donate, take, or both! It's an easy and accessible way to save money, reduce waste, and keep good clothes in circulation.

Thursday, January 29 from 1:00–4:00 p.m. in the Otonabee Foyer.



WINTER CAREER EXPO
January 28
11:00 A.M. - 2:00 P.M.
CAREERSPACE
CO-OP CAREERS & EXPERIENTIAL LEARNING

Please join us for Trent University's Winter Career Expo in the Student Centre on Wednesday, January 28, 2026 from 11 AM to 2 PM for your chance to connect with leading employers, discover emerging roles in your field, learn what organizations are looking for, and build your professional network!



east vs west
2026
SATURDAY, FEBRAURY 28TH, 2026
PETERBOROUGH MEMORIAL CENTER
151 LANSDOWNE ST W

East vs West is BACK!

Traillies are officially West Bankers - come out to support West Bank in the ultimate showdown at the annual East vs. West Charity Hockey Game at the Peterborough Memorial Centre! FEB 28th, 2026. Doors open at 5pm. Faculty and alumni game at 6 and student game at 7PM. Tickets available [here](#) and proceeds will go toward Kids Against Hunger Canada.



MASTER OF MANAGEMENT M.MGT **NETWORKING EVENT**
Trent University's Master of Management Graduate Program
Join us
You're invited to our Networking Event
This is a great opportunity for employers to meet our Graduate Students.
The Master of Management has three streams:

- Master of Management
- Master of Management in Health Care
- Master of Management in Strategic Change

Each employer will have a table to interact with our students. A table and signage identifying your company will be provided.
R.S.V.P. to reserve your table: mmgt@trentu.ca
Date: Thursday, February 26th, 2026, from 11:00am – 1:00pm
Location: Thornton Campus, 55 Thornton Road, Oshawa, B Atrium
Cost: Free of charge, including parking
Lunch: Complimentary

February 26th, 2026, from 11:00 a.m. to 1:00 p.m.

Each participating employer will be provided with a table and signage identifying their organization, offering an opportunity to engage directly with our students. To reserve your table, please contact mmgt@trentu.ca. When responding, kindly include your company name and the contact information for your attending representative.

What's going on at Trent!

CALLING ALL TRENT STUDENTS!

SURVEY

Sexual Violence Prevention and Response: International and Domestic Student Perspectives



SCAN HERE

For further information, please contact

elliannawilson@trentu.ca

In collaboration with:

Trent Community Research Centre



Chance to win \$50 Starbucks Gift Card!



Trent students are invited to participate in a research survey exploring sexual violence prevention and response, with a focus on both domestic and international student perspectives. Your insights will help inform campus programming and support initiatives at Trent University. Participation is voluntary, confidential, and open to all Trent students. As a thank-you, participants may enter a draw to win a \$50 Starbucks gift card. Scan the QR code to learn more and take part.

ENTER TO WIN! STUDENT BOARD GAME RAFFLE



Borrow any board game from Bata or Trent Durham Library to enter!

Two winners will receive a:
• \$25 Starbucks gift card.
• Prize from The Boardwalk Board Game Lounge or The Gamer's Table.

*1 entry per person

Jan. 19 to Feb. 16



Join the Student Board Game Raffle!

Love board games? How about the chance to win great prizes – including a \$25 Starbucks gift card? From January 19 to February 16, Trent University Library & Archives is hosting a Student Board Game Raffle, and entering couldn't be easier.

How to enter: Simply borrow any board game from the Bata Library or the Trent Durham Library during the raffle period. That's it! You're automatically entered.

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!

THE LADY EATON COLLEGE ANNUAL ART AUCTION



Do you want to support student artists?



All Money from bids goes to the Artist!

Link to online bidding



Join us at the Art Auction from Jan 27th-30th, 12-8pm!

The Closing Reception with the Artists and refreshments on Jan 30th from 5-7pm!

LEC Annual Art Auction

Join us at the Art Auction from Jan 27th-30th, 12-8pm! The Closing Reception with the Artists and refreshments on Jan 30th from 5-7pm!



**PLEASE DO NOT PARK
in the Hospice Peterborough
parking lot on London St.**

The parking lot is reserved for visitors of
loved ones receiving end-of-life care.

Hospice reserves the right to tow any
vehicle that is not authorized to be there.

Your consideration and understanding is
appreciated.



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: SAS Registration

Student Accessibility Services (SAS) is a team of interdisciplinary professionals who provide support to students with disabilities through one-on-one advising, referrals to campus supports, and adaptive technology.

STUDENT ACCESSIBILITY SERVICES

SAS supports include:

- Developing individualized accommodation plans for registered students;
- Working with students to develop approaches and strategies that use students' strengths to help them engage with their coursework;
- Offering support through an Adaptive Technologist, using a hands-on approach which allows students to learn how their technology works and how it can be used in their studies;
- Directing and connecting students to appropriate campus resources.

Are you a student who could benefit from the supports and accommodations provided by Student Accessibility Services?

Above is a link to registration instructions provided by SAS.

**Wanna
Talk
About It?**



**Weekdays 12-3 PM
Student Centre 3.04**

**Free. Confidential.
We have snacks.**

Follow us on Instagram at [@peersupporttrent](https://www.instagram.com/@peersupporttrent)

**PEER
SUPPORT**



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:

Spinach and Artichoke Grilled Cheese Sandwiches

[View the Recipe Here](#)

INGREDIENTS

- 1/2 cup packed thawed frozen spinach (from a 10-oz. pkg.)
- 4 oz. fontina cheese, shredded (about 1 cup)
- 4 oz. cream cheese, softened
- 3 Tbsp. (about 3/4 oz.) grated Parmesan cheese
- 1/4 cup drained chopped artichoke heart quarters (from an 8.5-oz. can)
- 1 tsp. garlic powder
- 1 tsp. dried Italian seasoning
- 1/4 tsp. kosher salt
- 6 Tbsp. mayonnaise, divided
- 8 1/2-in.-thick slices Italian bread

RECIPE BY

Melissa Gray



INSTRUCTIONS

Prepare the filling:

- Drain spinach, squeezing out as much liquid as possible
- Place spinach in a large bowl
- Stir in: Fontina cheese, Cream cheese, Parmesan cheese, Chopped artichokes, Garlic powder, Italian seasoning, Salt, 3 tablespoons mayonnaise.
- Mix until well combined

Assemble sandwiches:

- Spread remaining 3 tablespoons mayonnaise on one side of each bread slice
- Place 4 bread slices, mayonnaise side down, on a cutting board
- Spread spinach mixture evenly on top of these slices
- Cover with remaining 4 bread slices, mayonnaise side up

Cook sandwiches:

- Heat a large nonstick skillet over medium heat
- Add 2 sandwiches to skillet
- Cook 2–3 minutes per side, occasionally pressing with a spatula, until golden brown
- Adjust heat as needed to prevent overbrowning
- Transfer sandwiches to a cutting board; cover loosely with foil to keep warm
- Wipe skillet clean
- Cook remaining 2 sandwiches



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

What do you call a sleeping bull?
Bulldozer



Wellness Resources

[Click Here for More Info](#)

Positivity and Mindfulness

During this time of year it can be especially easy to fall into the overly negative.

This week our wellness resource is dedicated to finding ways to stay mindful and radiate positivity.

Some of these strategies include:

- Avoiding negative self talk
- Being grateful for the small things
- Practicing mindfulness by slowing down, breathing, and allowing yourself to refocus

Follow the link above for more information!



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" Let's be brave, shall we?"
-Marina Tsvetaeva, Poem of the End