



TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

We had the most successful free **Sunday College Dinner** yet! Over 116 students, friends, and families attended and not a morsel of food was left. At this dinner, I handed out 30 college scarves to new students and the **Traill Cabinet** hosted a successful games night after the dinner. As you know, Traill is a special place for graduate students as well as for mature and transfer undergraduate students. I would say that there is a bit of a refined cool at the College, but I won't (as cool doesn't need to advertise). At any rate, the games night set the perfect tone for our membership. Our next free Sunday College Dinner will be held on February 1st at Emmanuel United Church. Keep coming to Traill Tales for upcoming details.

Our student government, Traill Cabinet, is looking for volunteers to serve on several university committees this term. If you are interested in helping your fellow students by attending just a few meetings this term, please let me know. I can send you more details on the types of committee roles that are available and the meeting times.

Don't forget that for Thrive Week we are hosting **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 the Junior Common Room for a snack, to talk about advising, wellness, or just to befriend an extremely cute dog!

This Thursday night we welcome back the **Symons Seminar Series for Graduate Research** in Bagnani Hall. Come 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*.

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

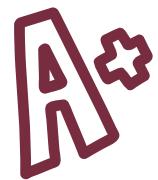


<https://www.trentu.ca/colleges/trail/belong/cabinet>

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](#).

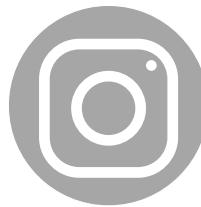
Traill College offers same-day appointments on Fridays from 9:00am - 4:00pm for both Advising and Skills. Book Advising at 705-748-1011 ex. 1488 or come to the college office to book in-person. Book Skills on the [Student Experience Portal](#). Appointments are on a first-come, first-served basis.

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



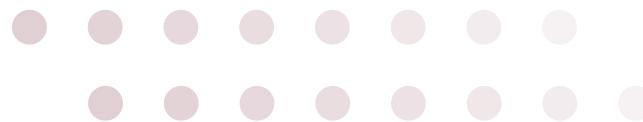
Traill College



traillcollege



#traill



What's going on at Traill!



Thomas H. B. Symons
SEMINAR SERIES


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

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

Jan 22, 2026
7:00 PM

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

Symons Seminar Series for Graduate Research is 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.



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!

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!

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 JCR to de-stress with snacks & a cute dog friend and chat with our Academic Advisor and Therapist.

Thursday January 22nd
@ 1-3pm

Junior Common Room, Scott House, Traill College

What's going on at Traill!

HOW I THRIVE AT TRENT

Swing by the Athletic Centre to grab a snack and share what helps you thrive! Write your mental health tips on an "I Thrive at Trent by..." bubble, and watch our community's ideas come to life on the Athletics Centre glass all week long.

WEDNESDAY, JANUARY 21
9 A.M. - 12:30 P.M.
ATHLETICS ATRIUM



www.trentu.ca/currentstudents/student-support/thrive-week



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?

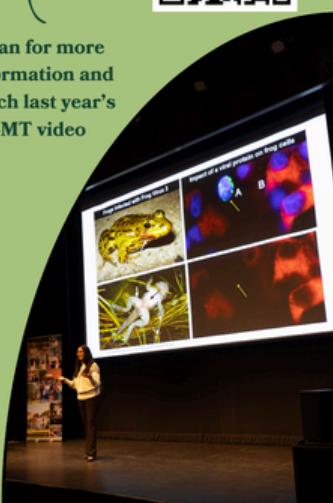


Scan for more
information and
watch last year's
3MT video

SHARE KEY INSIGHTS
FROM YOUR COMPLEX
RESEARCH

POLISH YOUR
PRESENTATION SKILLS

LOTS OF PRIZES TO BE
WON!



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!



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

This graphic is a promotional poster for the Study Café. It features a large circular inset showing students working at tables in a study area. The text is in a serif font, and the overall design is warm and inviting.

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 1-2:30pm 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. 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. 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

This graphic is a promotional poster for the Quiet Study Room in Bata Library. It features a photograph of the room with wooden tables and chairs, and a large window showing a view of the lake. The text is in a bold, sans-serif font.

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!

@trentuacimalskills
@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**

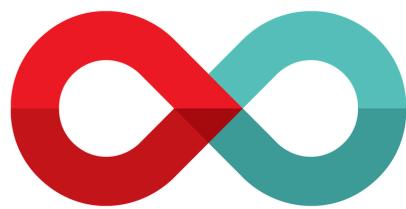


Applications due February 1
trentu.ca/3mp



Applications for the 12th annual Three Minute Paper (3MP) Competition are now open!

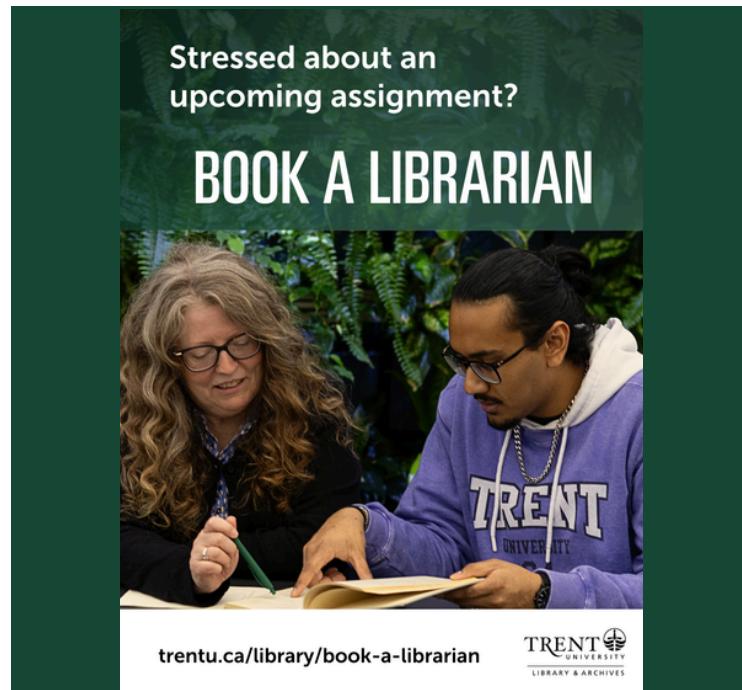
On March 4, 2026, Trent undergraduate students will be challenged to present their complex research to a general audience in just 180 seconds. Rise to the challenge and demonstrate your capacity to balance complexity with clarity and concision! Submit your application to present your thesis, community-based, 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.



Stressed about an upcoming assignment?

BOOK A LIBRARIAN



trentu.ca/library/book-a-librarian



Stressed about an upcoming assignment?

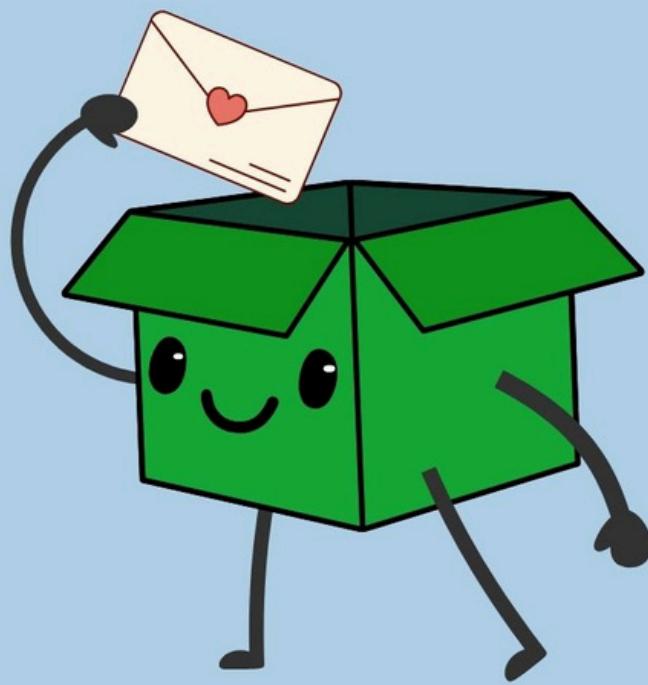
Trent's librarians are here to support you! Starting with reliable sources makes writing easier and way less stressful.

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](#)

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: Thrive Week



Thrive Week is a campus-wide week of free events designed to help students learn new wellness skills, connect with others, and explore mental health supports on campus. It's a chance to pause, practice self-care, and build healthy habits for the semester ahead.

For more information visit the link above or the events page on your MyTrent portal to find out how you can get involved.

**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)



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:

One-Pot Spiced Lentils

[View the Recipe Here](#)

INGREDIENTS

- 2 tbsp olive oil
- 3 medium carrots, peeled and cut into 1/2-inch pieces
- 1 tbsp kosher salt, divided, or to taste
- 3/4 tsp ground black pepper
- 2 cups dry green lentils
- 1 (14-ounce) can diced tomatoes in tomato juice
- 4 cups water
- 1 tbsp ground cumin
- Chopped fresh parsley, optional

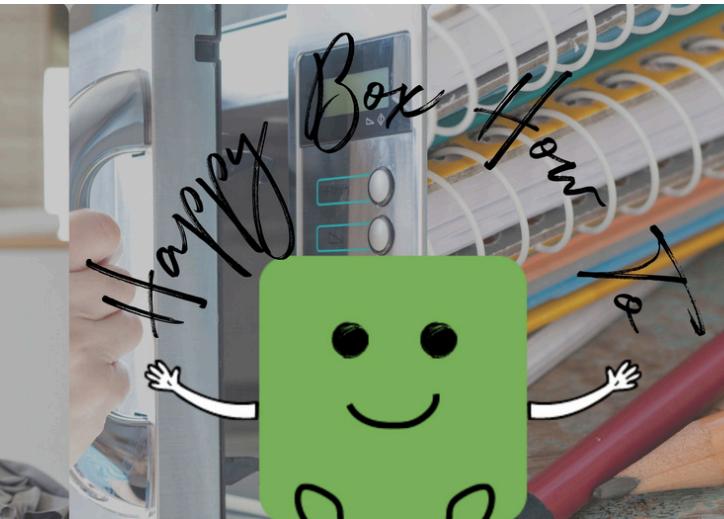
RECIPE BY

Amanda
Blum



INSTRUCTIONS

1. Heat the oil in a large saucepan over medium-high heat. When the oil is shimmering, add the carrots, 1 teaspoon salt, and black pepper. Shake the pan every 30 seconds or so to keep the carrots moving.
2. After 4 minutes, the carrots should have some nice browning at the edges. Add the lentils and stir to coat them with oil.
3. Add the tomatoes and water. Swish some of the water around in the tomato can, which will help you get all the tomato goodness into the pot. Add the cumin and the remaining 2 teaspoons of the salt (or to taste) to the pan and stir.
4. Cover the pan, bring the lentils to a boil, then reduce the heat to medium-low and let simmer for 50 to 60 minutes or until the lentils are tender, stirring them every 10 minutes. If the lentils get very thick before they're fully cooked, add a little more water. Season to taste, and serve garnished with finely chopped parsley, if using. It adds a nice vegetal pop and a bit of color.
5. Refrigerate leftovers tightly covered for up to 6 days. To reheat, microwave, with the cover vented, for 2 minutes, stir, and microwave for another 30 seconds at a time until piping hot all the way through.



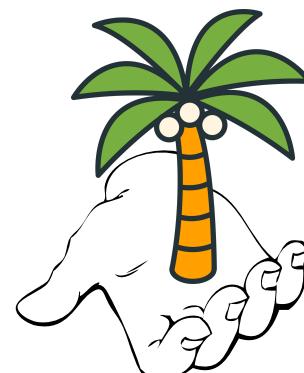
How to Make an
Academic Advising
Appointment

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

Name the kind of tree you can hold in
your hand?
A palm tree!



Wellness Resources

[Click Here for More Info](#)

The Importance of Community

During the cold winter months, it can be tempting to isolate yourself in your cozy home, but it's more important than ever to foster community. Community surrounds you with people who can support you, who share beliefs and values with you, and who challenge you to grow! Belonging to a community reduces stress, too, which in turn positively effects your overall health and wellbeing.

Try some of these ideas to build community in your area.

Follow the link above for more information!



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"Kindred spirits are not so scarce as I used to think. It's splendid to find out there are so many of them in the world." — L.M. Montgomery, Anne of Green Gables