



WINTER EDITION VI - FEBRUARY 11th, 2026

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal

Dear Traillites!

It is hard to believe that we are already at the middle of the term. That means that next week will be Reading Break and it is also the Lunar New Year. Last year, Traill College had a very successful **Lunar New Year** gathering. This year, we will be celebrating the Lunar New Year with a special dumpling making party and free **College Dinner**. Join us in the SCR on February 22nd at 3 PM to make dumplings! At 5 PM, we will be eating our dumplings along with a feast of Chinese food prepared by Chartwells and donated by Trent University Food Services. There will also be games and other activities to help celebrate the new year. If you are thinking of coming to the dumpling making session at 3 PM, I ask that you register [here](#) (so we have enough ingredients)

If you are just coming to the dinner, registration is not necessary, but remember – as always – it will be first come, first served until food runs out.

If you are a graduate student and interested in participating in **Three Minute Thesis (3MT)**, wait no longer. Applications for the event are due on Friday, February 13th. Don't worry. It isn't unlucky to apply for 3MT this Friday. The event is actually a lot of fun and a great way to improve your public speaking skills. Click here to find out more: [More information about 3MT](#). Or, click here to fill out an application: [Apply to 3MT 2026](#)

Please note the **university will be closed** for the **Family Day** holiday on Monday, February 16th. Although there won't be any classes, Traill College **will be open** from Tuesday to Friday if you need a place to study or relax.

Until the next time,



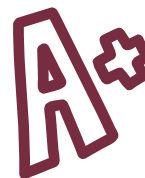
Need an Appointment?

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

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 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](#)





**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.

BLACK HISTORY MONTH

IN CANADA



VIOLA DESMOND

1914-1965

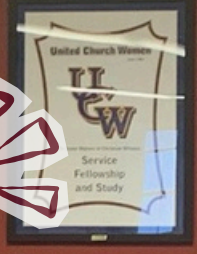
REFUSED TO LEAVE A “WHITES-ONLY” SECTION IN A SEGREGATED MOVIE THEATRE IN NEW GLASGOW, NOVA SCOTIA, 1946. WAS CHARGED AND FINED FOR TAX EVASION. SHE APPEALED THE FINE AND THE CHARGE WAS UPHOLD IN COURT. SHE RECEIVED A PARDON IN 2010 AND WAS HONOURED AS THE FIRST CANADIAN WOMAN ON THE \$10 BILL IN 2018.



#HAPPYBOX



#SUNDAYDINNERS



A Message from Your Academic Advisors

**Looking to book with Academic Advising?
Please note: NO Same Day appointments
will be offered this Friday, February 13th.**

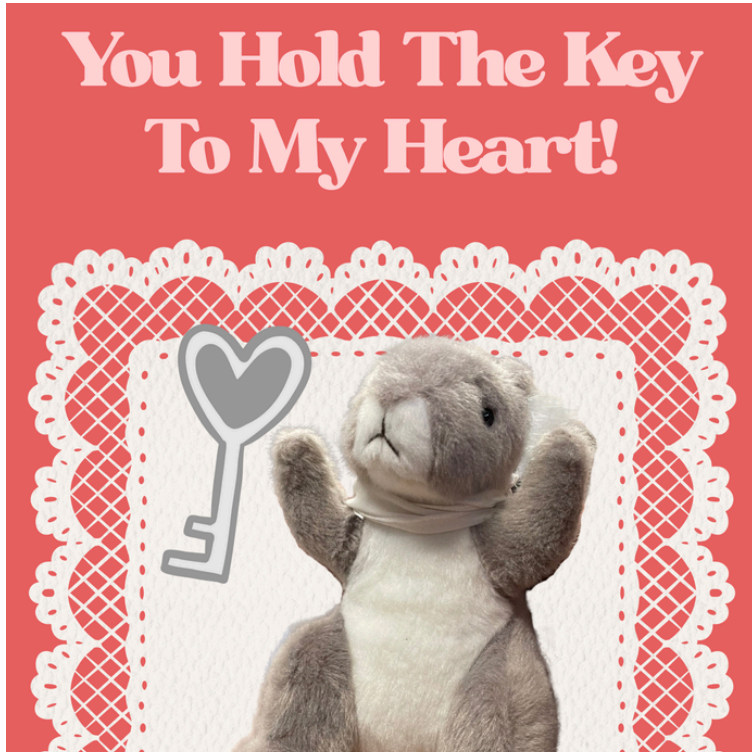
Same days will resume on Monday February 16th and will be offered for the duration of Reading Week.



Book your appointment in person at any College Office, online on the Student Experience Portal through MyTrent, or by phone at 705-748-1011, extension 7098.

Looking to book an Academic Advising appointment this Friday? Please note that NO same day appointments will be available. Same days will resume on Monday February 16th and will be offered for the duration of reading week. To book please visit a college office, visit the Student Experience Portal, or call at 705-748-1011 x7098 starting at 8:50 AM.

What's going on at Traill!



Swing by the college office for a Traill-entine card!

TRAILL COLLEGE
CLASS of

20

Your Signature Here!

25

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!

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!



Have you made any artwork, music, performances, or films in that past year that you are proud of? Consider submitting them to Cultural Studies Week this year! CUST Week 2026 encourages students to display their artwork, and to showcase the department's commitment to providing opportunities for students. The deadline for submissions is Feb. 15.

Click [here](#) for the submission form. Visit us on IG [@custweek](#), email custweektrentu@gmail.com, or join our Discord [here](#) to learn more.



Don't Be Late, Save the Date!

Traill College Formal.

When: March 21st, 2026

Where: Bagnani Hall, Traill College

Keep your eyes peeled for updates on our Instagram [@traillcabinet](#)

What's going on at Trail!

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.



3 MINUTE THESIS®

LAST DAY TO APPLY:

FRIDAY,
FEBRUARY 13

THREE MINUTES
ONE SLIDE
NO PROPS

GRADUATE STUDENT
COMPETITION

MORE INFORMATION HERE



Apply now for 3MT! We want to hear about your exciting research. 3MT is a great opportunity for graduate students to practice their oral presentation skills before an engaged, generalist audience. 3MT application deadline is Friday, February 13. [More 3MT information and application.](#)

Writing about Qualitative Data for Grad Students



Thursday
February 26



3:00 – 4:30 pm



Online via Zoom

Register Here



Are you planning to include qualitative data in your research project? Then this workshop was created for you! We will discuss how to organize your analysis of qualitative data, the process of analysis, a discussion of NVivo analytic software, how to create and write about themes, the best methods to visually present your data, and how to refer to figures in your writing. We will conclude with a discussion of how to explain your findings in your thesis

GRADUATE RESEARCH DAY: CRAFTING WORDS AND SHARING IDEAS



Wednesday, February 18



10:00 am to 4:00 pm



Bagnani Hall,
Trail College

Register here



Attend Graduate Research Day: Crafting words and sharing ideas and enjoy a Free Pizza Lunch on February 18 (10:00 am to 4:00 pm). We will be discussing research proposals, literature reviews, coherence in your writing, oral presentation skills, and some of the research magic from MaDGIC at Trent's Bata library. More information and registration here

What's going on at Trent & Trail!



TRENT UNIVERSITY | **CAREERSPACE**
OFFICE OF CAREERS & PROFESSIONAL LEARNING

INTERESTED IN MICRO-CREDENTIALS?

Micro-credentials are open for registration for all Trent Students, Trent Employers, Alumni and Community Members.

For more information, please go to our website
www.trentu.ca/careerspace/microcredentials



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www.trentu.ca/careerspace/microcredentials



**CRUSH YOUR SEARCHES:
A SWEET INTRO
TO OMNI**

Feb 11, 1pm-1:30pm

Click [here](#) to see a list of all workshops being offered in the February Love Library Workshop series.

All sessions will be offered virtually on the Zoom platform. You will receive the link upon registration.



Counselling Services available at Traill College

Did you know that you can access a therapist right here at Traill?

**FREE
Appointments!**

**Virtual and in-person
appointment styles
available!**

**Short-term
mental health support
for undergraduate
and graduate students!**

To book an appointment, complete the online registration at the link below, then book online or call (705) 748-1386



Traill College offers short-term mental health support to all undergraduate and graduate students, free of charge!

Visit [this page](#) to complete your online registration, then select "Book an appointment at Traill College" or call (705) 748-1386 to book your appointment!



THE YEAR OF THE HORSE

TRAILL COLLEGE SUNDAY DINNER

SCOTT HOUSE 105



**FEBRUARY 22ND
5PM**

WHILE SUPPLIES LAST
FREE! NO REGISTRATION REQUIRED

ORANGE GINGER CHICKEN VEGETABLE
FRIED RICE DONATED BY FOOD SERVICES

LUNAR NEW YEAR DUMPLING MAKING PARTY

SCOTT HOUSE 104, SENIOR COMMON ROOM
3PM

Traill college Sunday Dinner and Dumpling making party
February 22rd.

Sunday dinner from 5pm until supplies last.

Dumpling making party starting at 3pm, register [here](#)

What's going on at Trent!

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**



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)

ACADEMIC
SKILLS
IN THE COLLEGES

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



east vs west
2026

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

East vs West is BACK! Traillites 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.

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

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!

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](https://www.trentu.ca/academicskills)
[@trentuacademicskills](https://www.trentu.ca/academicskills)
[academicskills@trentu.ca](https://www.trentu.ca/academicskills)

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

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!

CALLING ALL TRENT STUDENTS!

SURVEY

Sexual Violence Prevention and Response: International and Domestic Student Perspectives

Chance to win \$50 Starbucks Gift Card!

SCAN HERE

For further information, please contact
elliannawilson@trentu.ca

In collaboration with:

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



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: Library Services



The library is more than just a collection of books—we're here to provide direct support for students, faculty, and the wider Trent community.

If you want to learn how to get the most out of your library, come chat with us at the Bata or Durham Library Service Desks or email us at library@trentu.ca for more information on:

- Borrowing and Renewals
- Course Reading Support
- Study Spaces
- Alumni and Community Member Services

**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:

Cajun Jambalaya with Chicken and Andouille

[View the Recipe Here](#)

INGREDIENTS

- 1 pound boneless, skinless chicken thighs, cut into 1-inch pieces
- 4 teaspoons Cajun seasoning with salt, divided, or 3 teaspoons salt-free Cajun seasoning mixed with 1 teaspoon fine salt
- 2 teaspoons neutral oil, such as canola
- 12 ounces andouille or smoked sausage, cut into 1/4-inch thick coins
- 1 cup diced yellow onion
- 1 cup diced green bell pepper
- 1/2 cup diced celery
- 4 large cloves garlic, minced
- 2 cups long-grain white rice, rinsed until water runs clear and drained
- 2 teaspoons Worcestershire sauce
- 2 dried bay leaves
- 1 teaspoon dried thyme
- 1/2 teaspoon freshly ground black pepper
- 3 cups low-sodium chicken broth
- 4 medium scallions, thinly sliced
- Tabasco sauce, for serving

RECIPE BY

Maria Do



INSTRUCTIONS

1. In a medium bowl, combine the chicken thighs with 2 teaspoons of Cajun seasoning and toss them to coat.
2. Heat the oil in a large Dutch oven or another heavy-duty pot over medium-high heat. Add the chicken and brown it on all sides for 8 to 10 minutes. Transfer the chicken to a plate and set it aside.
3. Add the onion, bell pepper, and celery to the pot. Sauté over medium heat until the vegetables are tender and translucent, about 5 to 6 minutes.
4. Add the garlic, rice, Worcestershire, bay leaves, thyme, black pepper, chicken broth, and the remaining 2 teaspoons of Cajun seasoning. Return the chicken and sausage to the pot. Stir to combine. Bring to a boil over high heat.
5. Reduce heat to low and simmer, covered, until the rice is fully cooked and you can fluff the rice with a fork, about 30 minutes. If the rice is still too wet, cook uncovered for another 5 to 10 minutes to evaporate excess moisture.
- Serve garnished with the scallions and the hot sauce on the side.

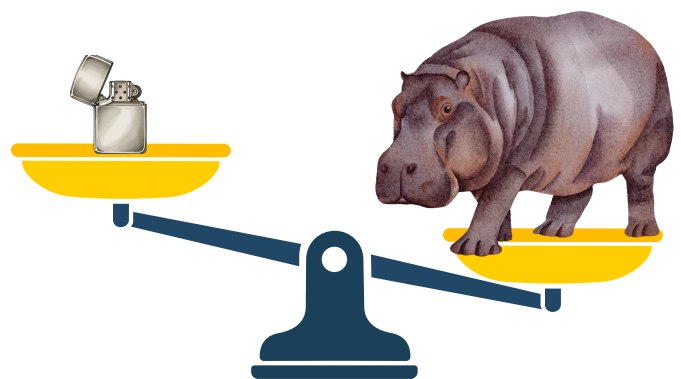


Check out our video on how to book an academic advising appointment! Click on Traill's [YouTube](#) channel to view

Trail Mix

What's the difference between a hippo and a Zippo?

One weighs a ton, and the other is a little lighter.



Wellness Resources

[Click Here for More Info](#)

Crafting for Wellness

Crafting is an excellent way to incorporate tactile and tangible work into your life!

It can help act as a distraction when you are stressed, a creative outlet, allow you to experiment with new skills, and make you feel extra productive.

Consider learning a new craft or picking up an old hobby this month like:

- Knitting/Crocheting
- Sewing/Embroidery
- Painting/Drawing
- Baking/Cooking



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To be led by a fool is to be led by the opportunists who control the fool. - Octavia Butler