

# TRAILL TALES

*Catharine Parr Trill College  
Trent University*



## A message from our College Principal

Dear Traillites,

Some important news about **Kerr House**. This week we had structural engineers at the College who have recommended the closing of the exterior ramp to Kerr House. This means that effective immediately there is **no accessible route** to the **Wilson Reading Room (KH103.1)**, the **Shelagh Grant Seminar Room**, or the **graduate student offices**. If accessible entry to the first-floor offices in Kerr House is required, please contact Cathy Schoel at ext. 1750 or [cathyschoel@trentu.ca](mailto:cathyschoel@trentu.ca) to coordinate access. We apologize for the inconvenience this creates.

This situation has also advanced plans on the renovation and restoration of the front of Kerr House. Last year, a donor helped me start a fund that will address some of the heritage repairs needed for the building. If you are interested in donating to this fund, or know someone who may be interested, please feel free to reach out to me directly at [michaeleamon@trentu.ca](mailto:michaeleamon@trentu.ca).

Last Sunday, we had our penultimate free **Sunday College Dinner**. The good people at Emmanuel United Church fed over 95 Traill students, friends, and family. Our final dinner of the year will be held again at Emmanuel United Church on April 12<sup>th</sup> at 5 PM.

Yesterday evening, Traill hosted a festive **All-Colleges Dinner** to fete **Tom Mulcair**, the 2025-26 Ashley Fellow. M. Mulcair, who also visited us in the Fall, returned to participate in some student seminars this week. As the Ashley Fellowship is held jointly between Champlain and Traill colleges this year, our guest was made an honorary fellow of both in a special ceremony during dinner. Traill welcomed faculty, staff, and students from every college, many of whom had never been to one of the formal college dinners before. As is our tradition, there was live music, good food, and a lot of college toasts. A special thank you to **Meaghan Kelly**, **Poppy Bobrowicz**, **Alexzandra Boyd**, the staff of **SKH Catering**, our piano player **Cal Arias**, and all the many people who made the evening such a success.

Until next week,

A handwritten signature in black ink, appearing to read "Michael Eamon", located at the bottom left of the page.



# 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!

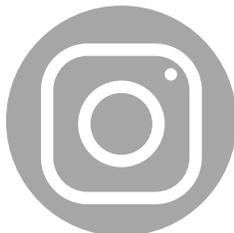
For the most up-to-date information on Trent University's events and news:

<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.](#)



[@trailcollege](#)



[Trail College](#)



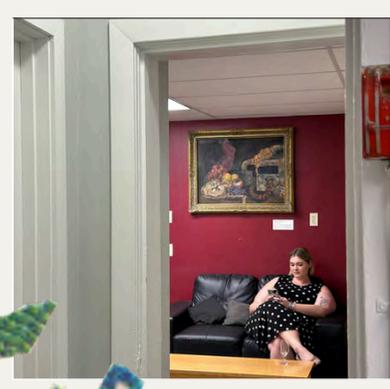
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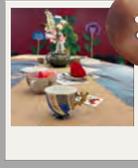
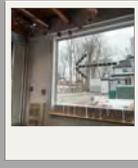
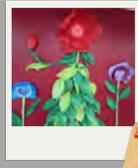
# Recent Happenings at the College on the Hill

# GUST

Week 2026



# Trail College Cabinet Formal DOWN THE RABBIT HOLE



# What's going on at Traill!

**TRAILL COLLEGE CLASS** of

**2025**



*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!

If you want to be immortalized on the walls of Traill College, come by our library in Scott House to sign this year's Traill photo! You can sign even if you aren't in the photo.

**3MT<sup>®</sup>**

**3 MINUTE THESIS<sup>®</sup>**

**THURSDAY  
APRIL 9TH**

**MARKET HALL  
140 CHARLOTTE ST  
PETERBOROUGH**

**7:00 PM**

**CUTTING EDGE  
GRAD RESEARCH**

**ALL WELCOME**

**VOTE FOR YOUR  
FAVOURITE**

**FREE ADMISSION**



The Three Minute Thesis Competition (3MT<sup>®</sup>) presents Masters and Ph.D. students with the ultimate challenge: to explain their complex and highly specialized research and ideas to a general audience in just three minutes, using only one Power Point slide. Come and cheer on our graduate students. [More information here.](#)

## 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



Short-term mental health support to all undergraduate and graduate students is available, free of charge, right here at Traill College! 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!



Traill College Merch available on our Marketplace storefront [Found Here](#)  
Traill College stickers to be restocked soon!

# What's going on at Trent



Meet our newest tech arrival: a VR headset!

The Bata library has added an Oculus Meta Quest VR headset to its equipment collection. It is now ready for students to loan for both academic projects and immersive entertainment experiences. To borrow library equipment, visit [libguides.trentu.ca](http://libguides.trentu.ca) or consult with the Library Service Desk.

**Navigating Academic Publishing:  
Practical Insights and Advice for  
Graduate Students**

 **Thursday March 26**

 **3:00 - 4:30 pm**

 **Online via Zoom**

**Register Here**




Join Academic Skills and the Library to help you understand the academic publishing landscape. [Register here](#) to learn about: Article publishing myths and what makes an article publishable, Writing strategies and structuring your manuscript effectively, The publishing cycle, including open access and the peer review process, and selecting appropriate journals while avoiding predatory ones.

**WELLNESS & WICKS**

Are you an off-campus first year student? Come destress before exams by making your own candle with essential oils and dried herbs!



**OC Commons | 2pm-4pm**

Snacks will be provided!!

Hey Off-Campus first-year students! Join us on March 31 from 2-4pm in the OC Commons for a relaxing DIY scented candle activity. It's the perfect way to destress before finals and create a personalized candle to take home for your study sessions. This event is also open to all students who are interested in joining the fun.

**LEADERSHIP MATTERS:  
CONNECTING  
KNOWLEDGE & ACTION**

Webinar Series



**Dr. Sarah West**  
Science of Motion,  
Art of Leadership

Thursday, March 26, 2026  
12:00pm - 1:00pm  
Register via link in caption.


Science of Motion, Art of Leadership:  
Join Dr. Sarah West, Trent University's Dean of Science, as she shares her journey through academia, into administration as a female academic leader and researcher in the field of kinesiology and health. 12:00pm - 1:00pm on Thursday, March 26, 2026. Presented by Dr. Sarah West.  
[Read More and Register](#)

# What's going on at Trent!

**ACADEMIC SKILLS**  
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](http://www.trentu.ca/academicskills)

Make an appointment with an Academic Skills Instructor on the Student Experience Portal!  
[www.trentu.ca/sep](http://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  
@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!

**Community**  
Spiral Series  
THE GROARKE DEBATE

## DOES IT MATTER IF A GOD EXISTS?

For millennia, philosophers and others have developed and defended arguments for and against the existence of God. But recently, philosophers have started to explore a distinct question: should we want God to exist? One way to tackle this question is to try to figure out whether things would be better or worse if God were to exist. This presentation will illuminate some important ways to interpret key terms like 'God', 'things', 'better', and 'worse', and will introduce the main arguments on each side of this debate.

**Thursday, March 26, 2026**  
4:00 p.m. - 6:00 p.m.  
Nozhem Theatre Room 101, Enwayaang,  
Trent University, Peterborough  
Free public lecture

DR. KLAAS KRAAY  
Toronto Metropolitan University

To register, scan the QR code or visit [trentu.ca/groarkedebate](http://trentu.ca/groarkedebate)

TRENT UNIVERSITY  
MOMENTOUS CAMPAIGN

Does it Matter if a God Exists? Join the Philosophy Department for the annual Groarke Debate on Thursday, March 26<sup>th</sup> from 4-6PM in Nozhem Theatre (ENW 101). Dr. Klaas Kraay, a Professor of Philosophy at Toronto Metropolitan University, who specializes in the philosophical analysis of religious claims, will introduce the main arguments on either side of this debate. Register [here](#)

## 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](mailto:elliannawilson@trentu.ca)

In collaboration with:  
Trent Community Research Centre  
CONSENT AT TRENT

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. 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.

TRENT UNIVERSITY  
SPIRITUAL AFFAIRS

## LISTENING SESSION FOR JEWISH STUDENTS

**DATE:**  
MARCH 26

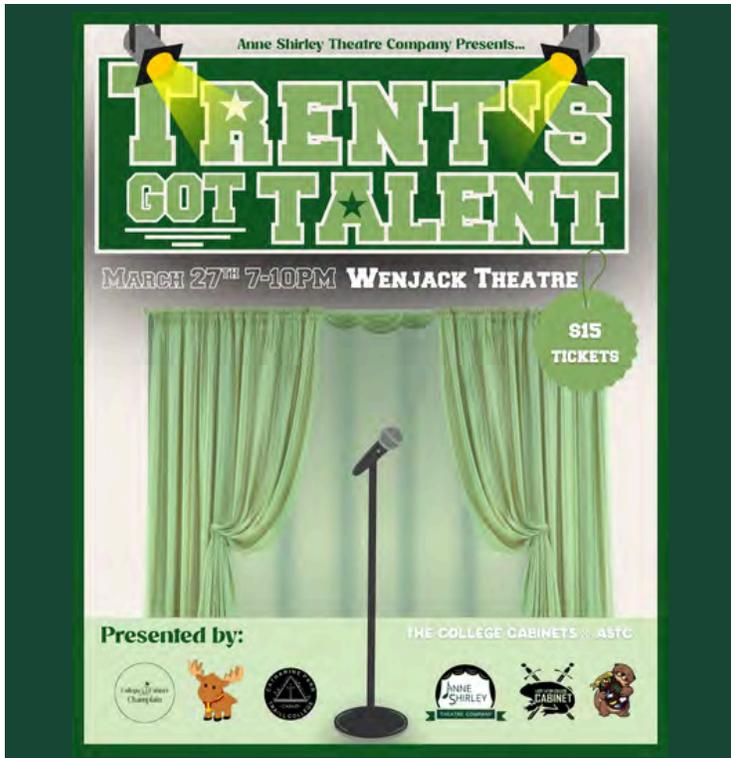
**TIME:**  
1 PM-2:30 PM

**LOCATION:**  
Bata Library 206

**Pre-registration required.**

Listening Session for Jewish Students  
Jewish students of all backgrounds are invited to come share about their experiences on the Trent campus. All culturally or religiously identifying Jewish students are welcome. Pre-registration is required. [REGISTER HERE](#)

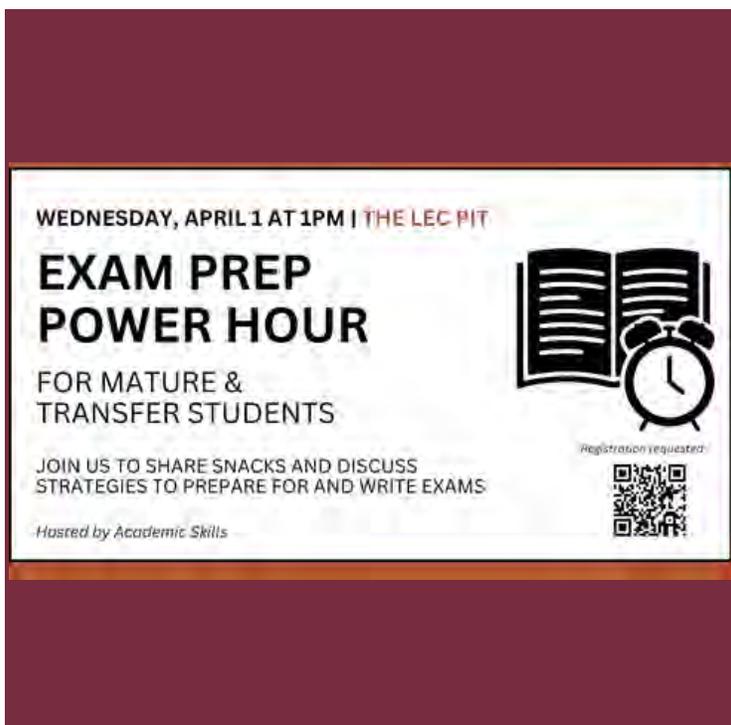
# What's going on at Trent!



The College Cabinets and ASTC present  
Trent's Got Talent  
March 27<sup>th</sup> 7-10PM  
\$15 tickets



Questions about recently announced changes to the Ontario Student Assistance Program (OSAP)? While full details are still being finalized, OSAP remains an important source of funding for many domestic students, and support at Trent is available. Learn what we know so far, what you can do now, and where to find help on Trent's OSAP changes webpage: [trentu.ca/osap-changes](https://trentu.ca/osap-changes)



Are you a mature and/or transfer student that has final exams? Looking for study tips and tricks? If so, join Academic Skills on Wednesday, April 1 at 1pm in the Pit (room 206) in Lady Eaton College. We'll cover strategies for preparing for and writing tests or exams, and provide healthy snacks! [Please register in advance](#)



The Equity & Human Rights Office, in collaboration with Out On Campus, is inviting international students who identify as LGBTQ+ or have experienced marginalization based on their sexual or gender identity to share their voices through a short survey. Your feedback will directly inform future programming and help create safer, more welcoming spaces where everyone feels seen and supported. If you have a moment, we encourage you to take part and make a difference for the upcoming academic year.

# What's going on at Trent!



## 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](http://www.trentu.ca/careerspace/microcredentials).



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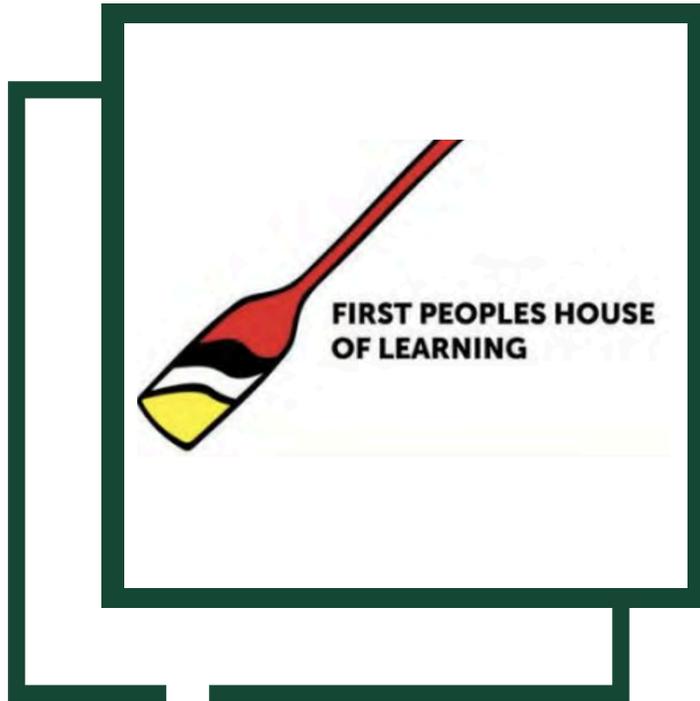
Roses are red, violets are blue, spring is coming, and I love you!



# 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: The First Peoples House of Learning



First Peoples House of Learning (FPHL) is honoured to offer cultural services to a diverse community of Indigenous learners (First Nations, Status/Non-Status, Métis and Inuit). FPHL collaborates with students to support their academic success, personal development and leadership potential.

FPHL embodies the Indigenous worldview of education as a ceremony of learning. FPHL nurtures a community that recognizes the voices and spirits of our students.

The FPHL has various departments including:

- Indigenous Recruitment, Enrolment and Admissions
- Student Success
- Cultural Support
- Events Calendar
- Event and Gathering Spaces
- Reconciliation Initiatives and Resources

For more information on FPHL and their departments please click the link above.

**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](https://www.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:

## 30 Minute Honey Garlic Chicken

### INGREDIENTS

- 2 lbs chicken breasts or thighs, cut into cubes
  - 1 tbsp garlic powder black pepper and chili flakes
  - 1/4 cup flour or gluten-free flour
  - 4 tbsp extra virgin olive oil
  - 3 cups broccoli florets or chopped asparagus
  - Sesame seeds, for serving
- Honey Garlic Sauce
- 1/3 cup tamari or soy sauce
  - 2 tbsp lemon juice
  - 3 tbsp honey
  - 6 cloves garlic, grated
  - 3-4 tbsp chili paste (gochujang)
  - 2 tbsp chopped green onion
  - 1 tbsp toasted sesame oil

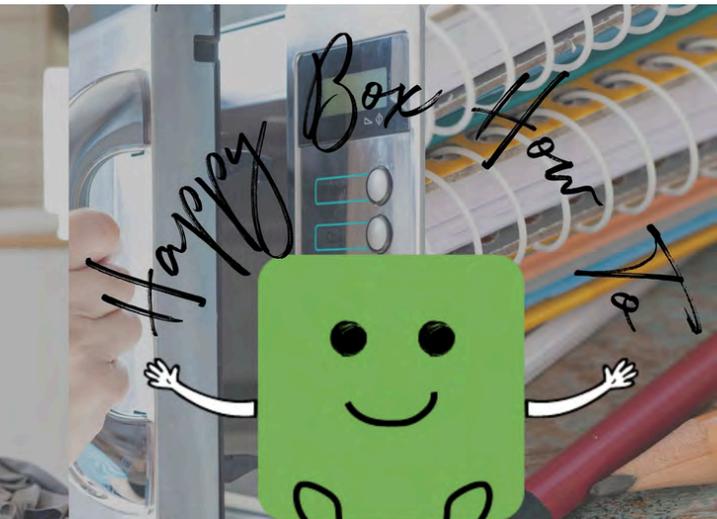
[View the Recipe Here](#)

RECIPE BY  
**Tieghan  
Gerard**



### INSTRUCTIONS

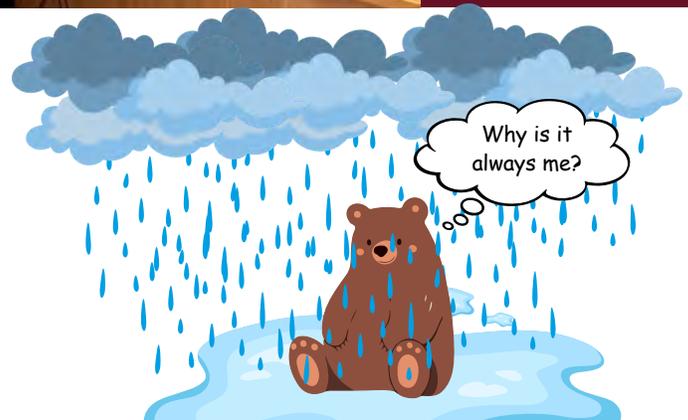
- Preheat the oven to 450° F. Line a baking sheet with parchment paper or rub with oil.
- On the sheet pan, mix the chicken, garlic powder, pepper, and chili flakes. Add the flour and toss again. Add 2 tbsp olive oil, tossing to coat. Arrange the chicken to one side of the baking sheet.
- Add the broccoli/asparagus to the other side. Toss with olive oil, salt, and pepper. Bake for 10-15 minutes until the chicken is cooked through.
- Meanwhile, make the sauce. In a bowl or glass jar, combine all ingredients.
- Remove the vegetables from the sheet pan.
- Pour the honey garlic sauce over the chicken and toss the chicken up in the sauce. Bake for another 5 minutes, until the sauce is baked onto the chicken.
- Serve the chicken, vegetables, and honey garlic sauce with green onions and toasted sesame seeds.



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

## Trail Mix

What do you call a bear caught in the rain?  
A drizzly bear!



# Wellness Resources

[Click Here for More Info](#)

## Coping With Stress This Finals Season

As we near the end of the semester and the beginning of finals it is important to manage your stress levels in healthy ways.

Keeping a routine, thinking through high levels of emotion, and celebrating each small win are all ways to regulate stress.

For more information on how to manage stress during exams click the link above.

**EXAM SEASON GOT YOU STRESSED?**

Here are a few things to keep in mind when managing stress levels this finals season.

**01 WHY**  
When feeling overwhelmed it is important to break down why we are experiencing high levels of stress. By writing down what is causing the worry you may see that it is more manageable than you originally thought.

**02 KEEP A ROUTINE**  
When things get hectic it is common for us to lapse in our daily routines and habits but putting in a little extra effort to continue may help bring some stability to your life. Make sure to remind yourself to eat at consistent times and let your body rest when exhausted.

**03 PLAN**  
As we enter the finals season of this semester, it is helpful to create a plan for how you want to accomplish your goals. Take some time to review all your due dates and exam requirements and schedule time for each in the coming weeks.

**04 CELEBRATE**  
With each small accomplishment this season allow yourself the opportunity to celebrate your achievements. This can be as simple as:

- Acknowledging that you are proud of yourself
- Checking an item of your to do list
- Allowing yourself moments of relaxation before moving on to something else

**05 KEEP IN TOUCH WITH YOUR SUPPORT SYSTEM**  
Remember to talk about what is going on in your life with those around you. Opening up can take some of the weight off your shoulders.



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“That is one good thing about this world...there are always sure to be more springs.”

-L.M Montgomery