



WINTER EDITION XIII - APRIL 1ST, 2026

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal

Dear Traillites,

Well, we are in the penultimate week of classes, and it is hard to believe where the term went to! Please note that the university, including Traill College, will be closed on Friday to mark the holiday. We are open again on Easter Monday and welcome anyone who needs a space to finish-up assignments, study for exams, or just relax.

Planning is already underway for our annual **3MT Competition**. This year, it looks like we will have over 20 graduate students ready to present their research in just 180 seconds, using one slide. It always is an exciting evening and an amazing way to see the breadth of interesting research that is happening at the university. As always, 3MT will be held at Market Hall in downtown Peterborough. The competition will start at 7 PM sharp. Admission is free and everyone is welcome. A special thank you to **Dr. Sue Beckwith** and all the Academic Skills team for making this such a successful event.

In just over a week, the **50th Anniversary for Team Trend** will take place at Traill College. Now the second longest running alumni sports event, the Team Trend weekend brings back hockey players who used to play when the university had an inter-collegiate league. At that time, every college had a few rec leagues, including Traill that had not only Team Trend, but Team Cannabis (that later flamed out). It will be a lot of fun to welcome back five decades of Team Trend alumni.

Another event that is coming up quickly is **Bloody Marvelous** - a celebration of the life of P.S.B. Wilson. Paul, the university's first athletics director, was a great supporter of all things Trent. His unexpected death in December left the Trent community shocked and saddened. Touted as a "pub party," Paul's celebration will take place on Saturday, April 25th at the Athletic Centre from 2 to 5 PM. There will be lots of folks there, so registration is a must. [Register here](#)

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

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>

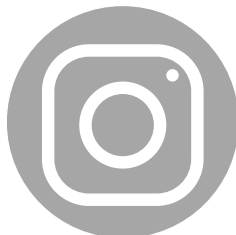
To keep up to date with the college, follow us on social media!

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.](#)



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What's going on at Trail!



3 MINUTE THESIS[®]

**CUTTING EDGE
GRAD RESEARCH**

ALL WELCOME

**VOTE FOR YOUR
FAVOURITE**

FREE ADMISSION



**THURSDAY
APRIL 9TH**



**MARKET HALL
140 CHARLOTTE ST
PETERBOROUGH**



7:00 PM



The Three Minute Thesis Competition (3MT[®]) 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](#).

What's going on at Traill & Trent!

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.

TRENT UNIVERSITY CAREERSPACE
OFFICE OF CAREERS & EMPLOYMENT COUNSEL

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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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!

Understanding the Digital Landscape at Trent University: AI at Trent Survey

Share your perspectives on AI use, challenges, & priorities at Trent University and help shape future guidance and resources across campus.

🕒 10-15 minutes to complete

🔒 Anonymous responses

🎁 Optional prize draw: win one of two \$50 gift cards

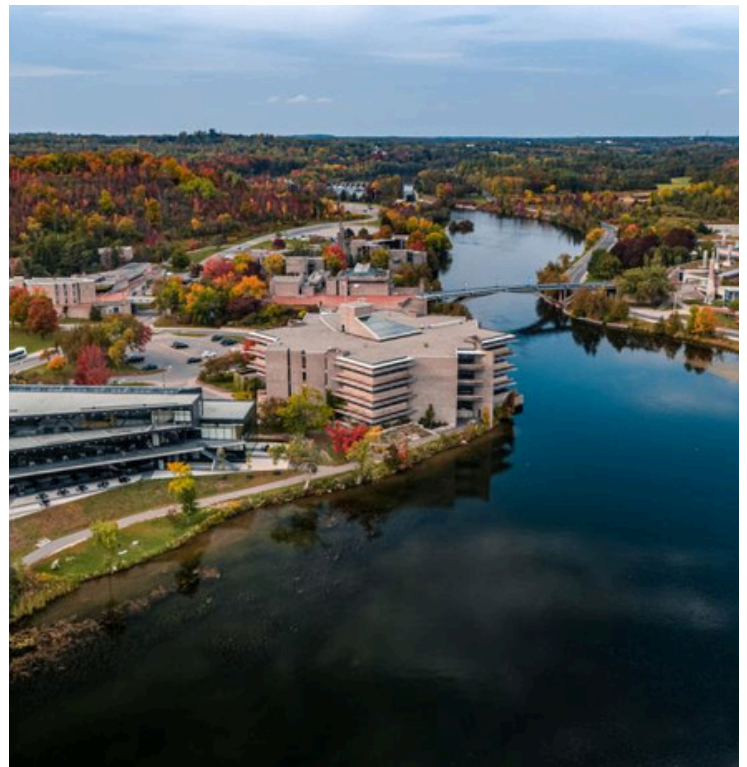
The survey will remain open until Monday, April 20, 2026

Scan the QR code to take the survey today!



Trent Teaching Commons, Academic Skills, and Library & Archives have put together a 2026 AI at Trent survey. The survey is intended to gather perspectives and input from Trent students on their experiences with AI, challenges and barriers they might be facing, as well as priorities and support needs when it comes to thoughtfully engaging with and navigating AI in professional and academic contexts.

[Link to Survey](#)



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

WEDNESDAY, APRIL 1 AT 1PM | THE LEC PIT

EXAM PREP POWER HOUR

FOR MATURE & TRANSFER STUDENTS

JOIN US TO SHARE SNACKS AND DISCUSS STRATEGIES TO PREPARE FOR AND WRITE EXAMS

Hosted by Academic Skills



Registration requested



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.



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: Academic Skills Online Resources



As we enter into exam season we want to highlight the various how to guides that Academic skills have made available online such as:

- How to Study
- How to Manage Your Time
- How to Write in University
- How to Succeed in Math and Science
- How to Use Sources
- How to Edit Your Writing

For more information and helpful guides click the underlined text 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:

Triple Berry Crisp

INGREDIENTS

For the Crumble:

- 3/4 cup (106g) all-purpose flour
- 1/2 cup (53g) old fashioned rolled oats
- 1/2 cup (105g) packed light brown sugar
- 1/4 cup (50g) granulated sugar
- 1/4 tsp cinnamon
- 1/4 tsp salt
- 1/2 cup (113g) unsalted butter cold, diced into small pieces

For the Filling:

- 12 oz fresh raspberries (2 1/2 cups)
- 11 oz fresh blueberries (2 heaped cups)
- 6 oz fresh blackberries (1 heaped cup)
- 1/3 cup (68g) granulated sugar
- 1 1/2 Tbsp (15g) cornstarch

[View the Recipe Here](#)

RECIPE BY
COOKING
CLASSY



INSTRUCTIONS

- Preheat oven to 375 degrees. Butter a 9 by 9-inch or 11 by 7-inch baking dish.
- For the crumble: In a mixing bowl whisk together flour, oats, brown sugar, granulated sugar, cinnamon and salt.
- Add butter and cut into mixture using a pastry cutter or fork (or rub with fingertips), until mixture resembles coarse crumbs. Transfer to refrigerator.
- For the filling: Rinse berries and let drain (but don't dry). Transfer to baking dish.
- In a small bowl whisk together sugar and cornstarch. Pour cornstarch mixture evenly over berries then toss to evenly coat.
- Remove crumble from refrigerator and sprinkle evenly over berries.
- Bake in preheated oven until filling is bubbling and topping is golden brown and crisp, about 30 - 35 minutes. Serve warm with vanilla ice cream.



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

Trail Mix

Why did the frog cross the road?

It was hitching a ride on a chicken.



Wellness Resources

[Click Here for More Info](#)

Puzzles and Brain Games

Puzzles and brain games are a great way to stretch your mental muscles this Spring.

Jigsaw puzzles are a classic but there are many other options

like:

- logic puzzles
- crosswords
- word searches
- Sudoku
- Tangrams

For more information on the benefits of puzzles click the link above.



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"I am thankful that in a troubled world no calamity can prevent the return of spring."
-Helen Keller