

# TRAIL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal

Dear Traillites,

Another year of classes has now come to a close at the College on the Hill. Now that the exam period has officially begun, I wanted to offer – on behalf of the entire college – our most sincere wishes for good luck and success. Don't forget that the College will be open for studying or relaxation, Monday to Friday, between 8 AM to 10 PM, from now to the end of April. As always, free coffee, tea, and the occasional snack will be available in the Senior Common Room for all.

Thursday night, don't miss Trent University's 11<sup>th</sup> **3MT Competition** that will take place at Market Hall in downtown Peterborough. This year, we have 20 graduate students participating. They will be sharing their thesis research in just 180 seconds, using only one slide. I am always amazed by the incredible breadth of graduate research that is undertaken at the university. It is always an exciting and informative evening. Admission is free and the audience gets to vote for the Audience Choice winner. It all begins at 7 PM sharp.

Our final free **Sunday College Dinner** of the season will be held this Sunday afternoon at Emmanuel United Church. All students, friends, and family are welcome. Doors open at 5 PM and food will be served while supplies last. If you haven't been to one of our college dinners so far, come out and see what all the buzz is about! Many thanks to all our partners in fighting food insecurity, with particular gratitude to the congregation of Emmanuel United Church.

Until next week!

A handwritten signature in black ink, appearing to read 'Michael...', with a long horizontal flourish extending to the right.



# 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>

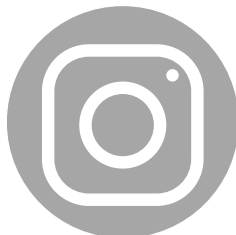
To keep up to date with the college, follow us on social media!

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.](#)



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# What's going on at Trail!



## 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](#).

# What's going on at Traill & Trent!

## TRAILL COLLEGE CLASS of

# 2025



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 Traill photo! You can sign even if you aren't in the photo.

## 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!

TRENT UNIVERSITY CAREERSPACE  
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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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

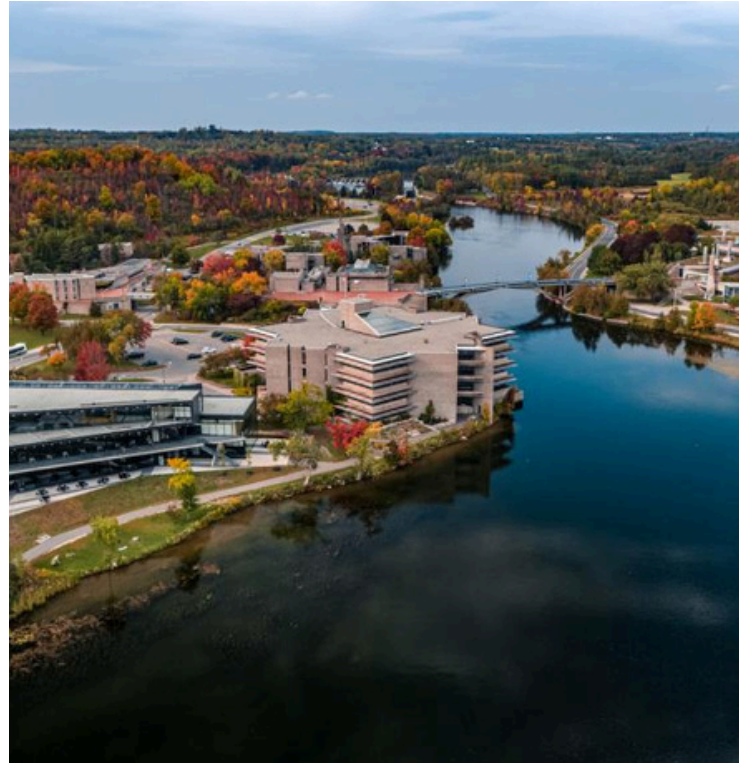
The survey will remain open until Monday, April 20, 2026

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.

[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: [trentu.ca/osap-changes](https://trentu.ca/osap-changes)



The countdown to graduation is on! Secure your spot in the yearbook—schedule your portrait today.

Miranda Studios will be at the Event Space in the Student Centre on April 10th, 13th and 14th for professional graduation portraits. We'll provide everything you need — gowns, hoods, mortarboard (grad hat), flowers, and a diploma. Book your appointment using the link below.

[Book Here](#) or email: [info@mirandastudios.ca](mailto:info@mirandastudios.ca).



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.



# 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: Exam Information for Students



You did it! You made it to exam season!

As we enter into the exam season, we wanted to take a moment to refresh all our memories on exam info like:

- Student IDs
- What to Bring to an Exam
- Examination Entry and Exit
- Student Conduct
- Conflicts, Cancellations, and Missed Exams
- Online Courses and Accommodations

Click the link above for more information on these exam topics.

**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:

## One-Pan Tuscan Ravioli

### INGREDIENTS

- 1 tablespoon olive oil
- 2 cups cubed eggplant (1/2 inch)
- 1 can (14-1/2 ounces) Italian diced tomatoes, undrained
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- 1 medium zucchini, halved lengthwise and cut into 1/2-inch slices
- 1 package (9 ounces) refrigerated cheese ravioli
- 1 can (15 ounces) cannellini beans, rinsed and drained
- Shredded Parmesan cheese
- Thinly sliced fresh basil

[View the Recipe Here](#)

RECIPE BY  
**SONYA  
LABBE**



### INSTRUCTIONS

1. In a large skillet, heat oil over medium heat
2. Sauté eggplant until lightly browned, 2-3 minutes.
3. Stir in tomatoes, broth and zucchini; bring to a boil.
4. Add ravioli; cook, uncovered, over medium heat until ravioli are tender, 7-9 minutes, stirring occasionally.
5. Stir in beans; heat through.
6. Sprinkle with cheese and basil.
7. Enjoy!



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 dinosaur that is a noisy sleeper?  
A Tyranno-snorus.



# Wellness Resources

[Click Here for More Info](#)

## Academic Skills Help

### 1. Take inventory of your final assignments

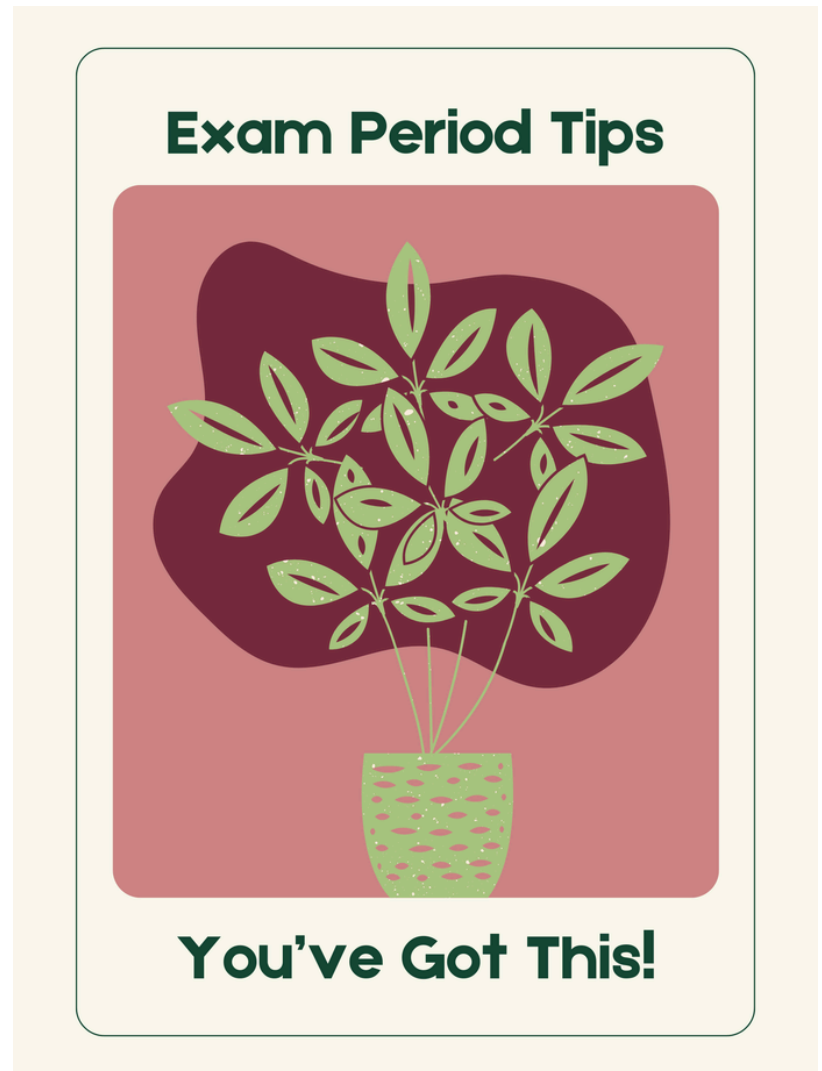
- a. list all of your outstanding assignments and plan mini deadlines and tasks to complete

### 2. Make a study plan

- a. Map out your final exams and plan for exam preparation

### 3. Practice new study strategies

- a. Different types of knowledge and different types of questions require different types of study.



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"Just believe in yourself. Even if you don't, pretend that you do and, at some point, you will."

- Venus Williams