



WINTER EDITION XV - APRIL 15TH, 2026

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal

Dear Traillites,

Even though classes are over, the College on the Hill remains a busy place. Last Thursday, the 11th annual 3MT Competition was held at Market Hall in downtown Peterborough. Eighteen contestants participated in front of an audience of almost 200 friends, family, and interested community members. We are happy to announce this year's winners:

Graduate Studies First Place: **Justine Alvarado**

Office of Research and Innovation Audience Choice Winner: **Mutsa Dansvara**

Traill College Second Place Winner: **Mutsa Dansvara**

TGSA Third Place Winner: **Hadia Mustansir**

Justine, our first-place winner, now moves on to the provincial finals which will be held at Brock University in May. Check out photos from the evening in this edition of *Traill Tales*. Congratulations to all our participants and winners!

Last Sunday, we held our last free **Sunday College Dinner** of the term. Despite torrential rain, over 75 students, friends, and family members showed up to a feast of spaghetti, salads, and desserts at Emmanuel United Church. This partnership has been a transformational one for both Traill and Emmanuel United. Throughout the year, we were able to feed almost 1200 people both at the College and in the Church Hall. I truly believe that the collegiate experience needs to be interdisciplinary and inter-generational. An added benefit to addressing issues of food insecurity was watching the engaged conversations and passionate interactions between members of our two communities. We look forward to another successful Sunday Dinner program next year. Many thanks as well to the **Graduate Studies, Trent University Food Services, CUPE 3908, Traill Cabinet, the TGSA, and all the anonymous donors** who also contributed to this program during 2025-26.

We are excited to be celebrating **Irina Badell Garcia's** winning presentation at the **Symons Gala** on Thursday night. It should be a great evening where we celebrate graduate student research at the university. Although it is a sold-out event, we will provide lots of photos and full coverage in an upcoming edition of *Traill Tales*.

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>

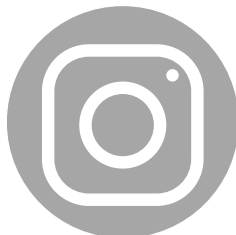
To keep up to date with the college, follow us on social media!

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.](#)



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)





3 MINUTE THESIS[®]



2026



What's going on at Trail!

TRAIL 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 Trail in 2025, come by the Trail Library in Scott House to sign your class photo!

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

Community Speaker Series

2025-26 W.L. MORTON COMMUNITY LECTURE

"CANADIAN WILDERNESS" IS INDIGENOUS PEOPLES' HOME: Knowing better means doing better in Temagami and beyond

THURSDAY 23 APRIL, 2026
5:00 PM

BAGNANI HALL
CATHARINE PARR TRAILL COLLEGE

FREE PUBLIC EVENT



REGISTERED ATTENDEES TO THE TALK WILL RECEIVE DISCOUNTED ADMISSION TO THE CCM APR 23 - 24, 2026



TRENTU.CA/CANADIANSTUDIES/COMMUNITY

Join us for the 2025-26 W.L. Morton Lecture with Dr. Jocelyn Thorpe in conversation with Victoria Grant (O.C.): "Canadian Wilderness" is Indigenous Peoples' Home: Knowing better means doing better in Temagami and beyond" Thursday April 23 at 5:00 pm in Bagnani Hall, Traill College. This event is free and open for everyone to attend. Pre-registration is appreciated via the link in our bio or the QRCode in this image.

Counselling Services available at Trail College

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

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



Trail College Merch available on our Marketplace storefront [Found Here](#)
Trail 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

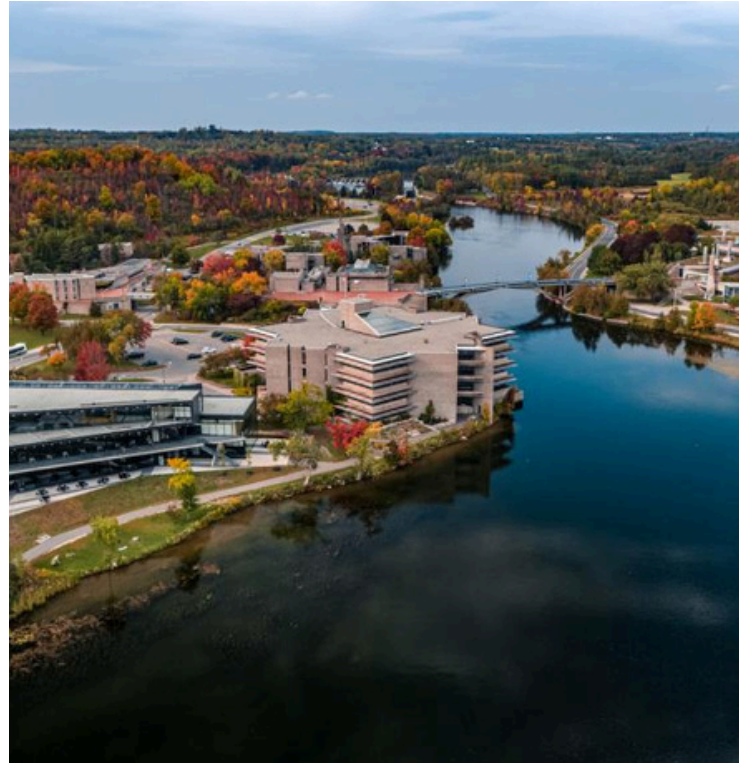
The survey will remain open until Monday, April 20, 2026

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

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.



Interested in Micro-Credentials?
Micro-Credentials are open for registration for all Trent Students, Trent Employees, Alumni, and Community Members.
For more information, please go to our website www.trentu.ca/careerspace/micro-credentials.



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.

Backwoods Baking Presents:

Pasta, Pesto, and Peas

INGREDIENTS

- 3/4 pound fusilli pasta
- 3/4 pound bow tie pasta
- 1/4 cup good olive oil
- 1 1/2 cups pesto
- 1 (10-ounce) package frozen chopped spinach, defrosted and squeezed dry
- 3 tablespoons freshly squeezed lemon juice
- 1 1/4 cups good mayonnaise
- 1/2 cup freshly grated Parmesan
- 1 1/2 cups frozen peas, defrosted
- 1/3 cup pignoli (pine nuts)
- 3/4 teaspoon kosher salt
- 3/4 teaspoon freshly ground black pepper

[View the Recipe Here](#)

RECIPE BY

INA
GARTEN



INSTRUCTIONS

1. Cook the fusilli and bow ties separately in a large pot of boiling salted water for 10 to 12 minutes until each pasta is al dente.
2. Drain and toss into a bowl with the olive oil.
3. Cool to room temperature.
4. In the bowl of a food processor fitted with a steel blade, puree the pesto, spinach, and lemon juice.
5. Add the mayonnaise and puree.
6. Add the pesto mixture to the cooled pasta and then add the Parmesan, peas, pignoli, salt, and pepper.
7. Mix well, season to taste, and serve at room temperature.

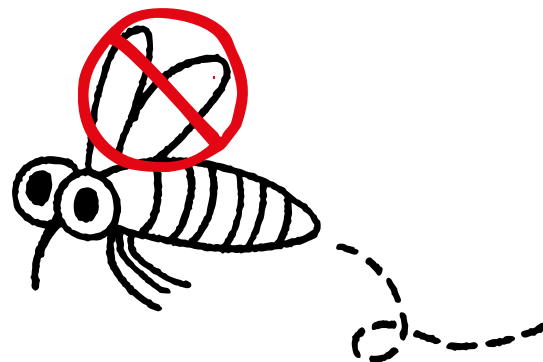


Check out our video on how to book an academic advising appointment! Click on [Traill's YouTube channel](#) to view

Trail Mix

What do you call a fly with no wings?

A walk.





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!

Wellness Resources

[Click Here for More Info](#)

Managing Burnout

As you work through your finals, you may notice increased stress, fatigue, and difficulty focusing or writing productively. These are all signs of burnout! Try the following tips to avoid burnout and get back on track with your studying.

1) Try the Pomodoro technique:

Studying for 25-50 minutes then taking a 5-10 minute break has been proven to increase focus.

2) Stay nourished and hydrated:

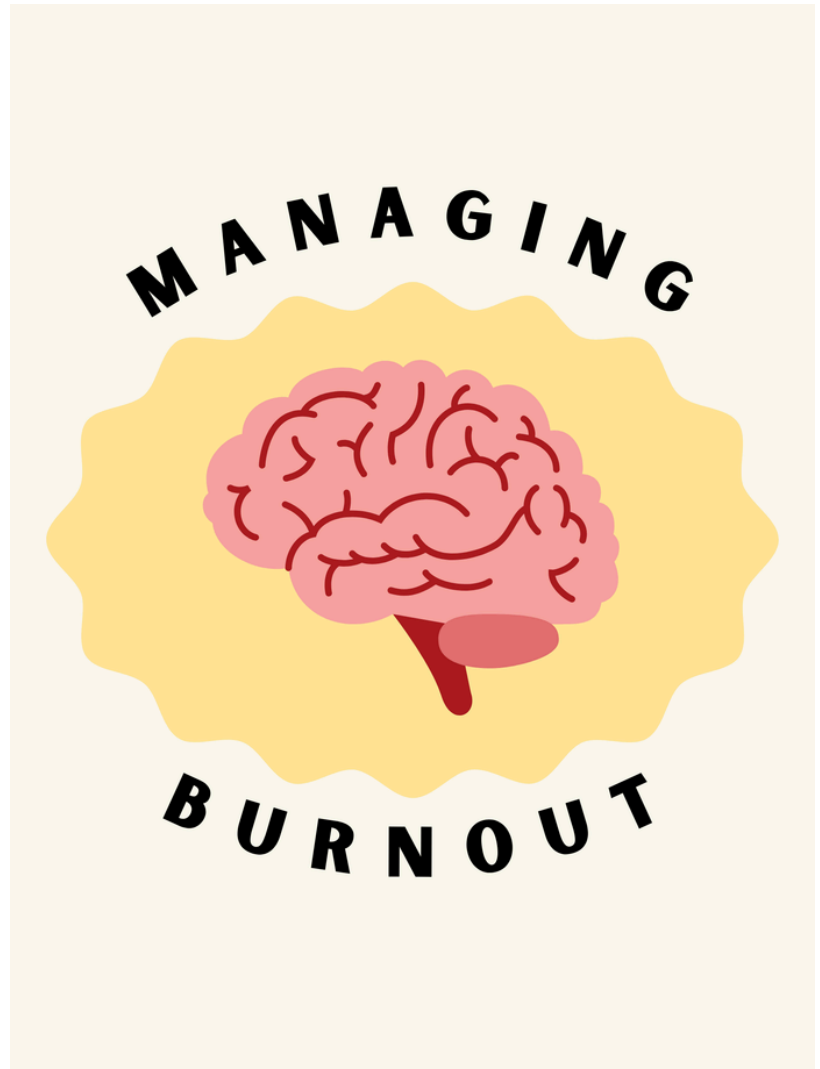
Your brain needs energy to be able to focus. Eating a full meal and keeping water on your desk will keep you feeling your best.

3) Don't stay up too late:

While it may be tempting to spend a few extra hours cramming for your exam tomorrow, a full eight hours of sleep allows for better concentration and stress management.

4) Practice self-care:

Whether it's a hot bath, a session at the gym, or an hour spent journaling, find time to do the things that allow you a much-needed mental reset.



Copyright © 2026 Catharine Parr Traill College, Trent University

Your calm mind is the ultimate weapon against your challenges. - Bryant McGill