



SUMMER EDITION XII - JULY 22ND, 2026

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

We are nearing the end of July, which means that summer, for many of us, is unofficially half over. We look forward to August, especially those of us that really enjoy the summer months and what they typically bring. I trust that everyone is enjoying some form of additional rest and relaxation but remain mindful of how difficult these past few months have been for so many in Ontario.

We continue to get ready for the fall term and welcoming another **500-plus new students** to the “*College on the Hill*.” Orientation Week will be mean a flurry of activities and we are busy planning for ***Traill Day***, various welcomes and the ***Traill Carnival*** which will happen on September 12. We will have more details for everyone in the coming weeks. This week, we welcome the **Peterborough Concert Band** to the **Jalynn Bennett Amphitheatre** as part of the ***William and Nona Heaslip Foundation Summer Festival***. A form of this band, in various names, has existed for over 150 years. Please join us on Thursday at 7 pm.

Pizza Fridays remain as popular as ever. We’ve been hosting dozens of folks each week, and this week will be no different. Be sure to [register](#) beforehand. A note that the college office will be **closed** on August 3 and 4 next week. There is a civic holiday followed by an additional day off here at Trent for staff and administration. We will back to regular hours next Wednesday. Please take care and enjoy the rest of *Traill Tales*.

Warm regards,

James Onusko



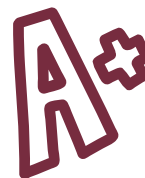
Need an Appointment?

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/traill/belong/college-cabinet>

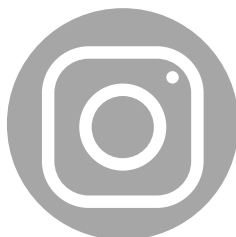
To keep up to date with the college, follow us on social media!

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.](#)



[@traillcollege](#)



[Traill College](#)



[traillcollege](#)

THE
WILLIAM
& NONA
HEASLIP
FOUNDATION

SUMMER FESTIVAL

CATHARINE PARR TRAILL COLLEGE

trentu.ca/summerfestival

June 4

New Stages – Munsch Goes Wild

stories by Robert Munsch,
adapted & performed by M. John Kennedy

June 11

New Stages – Kash & Kerry & Friends: An Improv Variety Show

featuring Linda Kash, Kerry Griffin, Megan Murphy & more

June 18

Four Lanes Wide

June 25

Irish Millie Live

July 2

Just Folk–Songs and Stories from Canada's Past

with Mark Finnan & friends

July 9

Carpe Noctem

July 16

Dueling Disciplines: Music and Poetry

with David Newberry & Justin Million

July 23

Victoria Yeh & David Hines

July 30

Peterborough Concert Band

August 6

I, the Mountain

August 13

New Stages – Footnote to Freedom

a new musical (workshop) by Beau Dixon & Lance Dixon

August 20

New Stages – Summer Soiree

a night of theatrical & musical delights

**new
STAGES**
THEATRE

**FREE ADMISSION
7PM THURSDAYS
JUNE – AUGUST**



**Jalynn
Bennett
Amphitheatre**

What's going on at Traill & Trent!

PIZZA



FRIDAYS



TWO WAYS TO PAY:
\$6 ONLINE OR **\$5 CASH**

SCOTT HOUSE PATIO

LUNCH 12-1pm **GAMES 1-2pm**

RAIN LOCATION: BAGNANI HALL

every friday, all summer long

PIZZA!

DRINKS!

DESSERT!

GAMES!

Join us for everyone's favourite Traill tradition - Pizza Fridays! Enjoy all-you-can-eat pizza, chips, and ice cream for \$5 cash or \$6 online. Register [here](#) by Friday at 10am.

Where: Scott House Patio (Rain location: The Trend)

When: Every Friday! Lunch from 12-1PM, social hour and games from 1-2PM

We Want Your Recipes!



Have any easygoing, summer-themed recipes you'd love to share and show off?

Traill Tales is now accepting recipe submissions for our Backwoods Baking page!

Email your ideas to us at traill@trentu.ca

Have a favourite summertime recipe that you're eager to share? Send it to us for your chance to be featured in Backwoods Baking!

Email traill@trentu.ca with the details of your recipe (including photos, if you want!), and we'll include it in a future edition of Traill Tales with credit to you as the author.

THE WILLIAM NONA HEASLIP FOUNDATION

SUMMER FESTIVAL

CATHARINE PARR TRAILL COLLEGE

live music and theatre all summer long



JULY 30 **7PM**

free admission



jalynn bennett
amphitheatre

This week at the Summer Festival, Traill College welcomes the Peterborough Concert Band to the stage!

The Summer Festival runs every Thursday night, rain or shine.

7:00pm. Traill College (315 Dublin St), Jalynn Bennett Amphitheatre.

Rain Location: Scott House 105

Watch out for updates on our Instagram, [@traillcollege](#)



Trent Community Research Centre

VIEW AVAILABLE PROJECTS

Community-based research brings together the knowledge and research needs of the community with the research expertise of Trent University faculty and students.

Did you know Careerspace is open all summer and ready to support you in person or virtually? Our team is here to help. Book an appointment through SEP: Peterborough Campus > Appointment Bookings > Careerspace or click [here](#). Follow [@trentucareerspace](#) for weekly Hot Job updates, career tips, upcoming events, micro-credential highlights, and more!

What's going on at Trent!



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.



Join the Orientation Leader Team!
Our 2026 Orientation Leader applications are open. Orientation leaders support new students through their first week at Trent while providing a safe space for them to transition into their academic life. Get the opportunity to lead and assist in the facilitation of events and be a positive role model for students. Interested? [Apply today!](https://trentu.ca/orientationweek)

MERCH SALE!

\$10



College on the Hill T-Shirt
Black Tucker T-Shirt
White Tucker T-Shirt
Track Pants
PJ Pants



\$5

Dad Hat
Bucket hat

Summer Festival & Pizza Friday Merch Sale!
T-Shirts, hats, pants, and more will be on sale this week - bring cash and shop till you drop!



Lady Eaton College presents...

LOCAL SOCIAL

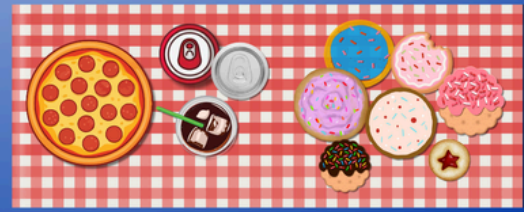
Make Connections!

Exchange socials, chill, vibe, enjoy refreshments, and play some fun games!

SEE YA THERE!

- August 26th, 2026
- Lady Eaton Quad/Dining Hall
- 4 to 6PM

Geared towards local incoming students, Trent Community is welcome!



Looking to meet new people? Exchange Socials? Have a good time and create connections before the school year starts? Come to the Local Social happening, August 26th from 4 - 6pm. Come enjoy refreshments, eat pizza, decorate cookies, and play some fun games! See ya there!

Backwoods Baking Presents:

Mini Crunchy Chicken Wraps

INGREDIENTS

- 1 1/2 pounds prepared breaded chicken tenders
- 3 cups coleslaw mix
- 3 green onions, chopped
- 1/4 cup chopped cilantro
- 1/4 cup stir fry sauce or sesame salad dressing, plus more if desired
- 1/2 cup chopped roasted peanuts
- 8 (8 inch) flour tortillas



[View the Recipe Here](#)

RECIPE BY
**NICOLE
MCLAUGHLIN**



INSTRUCTIONS

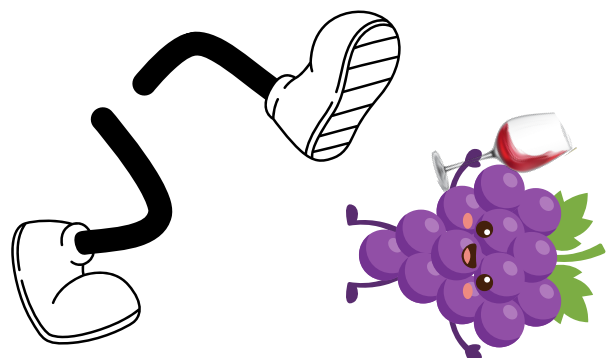
1. Slice prepared chicken tenders into 1 1/2-inch strips. Set aside.
2. In a large bowl combine slaw mix, green onions, cilantro, stir fry sauce and peanuts and toss until the slaw mix is well coated.
3. Place one tortilla on a work surface and place a few strips of chicken in the center and top with slaw mix.
4. Fold the ends of the tortilla towards the center and roll. Repeat with the remaining tortillas.
5. Cut each wrap in half, securing with a toothpick if needed and place on a platter ready to serve.



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

Trail Mix

What did the grape do when it got stepped on?
Nothing, it just let out a little wine.





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

Prepare for and Write Exams



At university, you will encounter many different types of exams. It is important to consider the types of questions you will have to answer when you make a study plan.

As we enter exam season for both summer term 6 weeks, and 12 weeks, it is important to stay focused! Academic Skills has several studying resources available on their website to help you handle exams like a champ!

**Wanna
Talk
About It?**

**Weekdays 12-3 PM
Student Centre 3.04**

**Free. Confidential.
We have snacks.**

Follow us on Instagram at @peersupporttrent

**PEER
SUPPORT**



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!

Before Speaking to an Academic Advisor, Have You Checked out these Resources?

Important Dates & Deadlines

This list includes add/drop dates, withdrawal dates, exam periods, and tuition payment deadlines. Knowing these dates ahead of time can help ensure you don't miss any important academic milestones!

1



Course Selection

This webpage guides students on how to understand course codes, credit requirements, determining course loads, and where to register for courses in the Self-Service. It also connects students to additional useful resources and tools as well.

2

Academic Calendar

The Academic Calendar is Trent's official guide that outlines everything academic; from academic regulations, degree requirements, to program and course information. Everything is laid out for students to read through!

3

Syllabus Catalogue

Located in the MyTrent portal, the Syllabus Catalogue allows students to preview past course syllabi to learn more about course materials and help them decide whether a course fits their interests and needs.

4

DIY Degree Check

Found on the Academic Advising webpage, this tool can be used to help students independently review their credits in order to better understand their academic progression, and possibly identify any gaps.

5



It's That Time of Year Again to

Plan Ahead!

Wellness Resources

[Click Here for More Info](#)

Exam Preparation!

- Procrastination can be tempting, but **starting your revision early** gives you a huge advantage for your exam preparations.
- Make sure you have **enough space** to spread your textbooks and notes out.
- Move beyond simply reading notes and **engage actively** with the material for better retention.
- Practicing past papers is great but go a step further by **simulating actual exam** conditions.
- Study techniques like the **Pomodoro Technique** can be game-changers.

SUMMER COURSE

Exam preparation

Start early and plan strategically

Organise your study space

Use active learning techniques

Simulate exam conditions

Take smart breaks



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“Everything you want to be, you already are. You’re simply on the path to discovering it.” – Alicia Keys