



FALL EDITION I - SEPTEMBER 10TH, 2026

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

Well, whether we are ready or not, the **2026-27 academic year** is here! We are confident that we are ready here in the college office, but we're still wondering where much of the summer went.

This weekend saw a few more graduate students move into our residences and our undergraduates have now moved in fully. We held our ***Traill Day*** on Labour Day Monday and had nearly **50 undergraduates** join us to learn about what the college offers to them along with some of our other departments that we partner with here at Traill. It was a brilliant, sunny day, and with the Trend once again serving food, it was a special restart for all of us.

Graduate students were welcomed back this week, and we hope that many of them will find a new home at Traill, and at Symons campus, when they are there. Their enthusiasm and energy is always appreciated, let alone the intellectual stimulus they provide for all of us.

Traill Carnival is this Saturday and you will not want to miss out on a bouncy castle, lawn games, live music, a free BBQ, and all of the socializing. Events run from 11 until 4 on September 12 – everyone is welcome to join us for this cherished annual event.

AFTER-HOURS ACCESS: Traill College is open Monday through Friday from 8 AM to 10 PM. If you require after-hours access to Scott House, please contact traillaccess@trentu.ca before September 21st. A request for after-hours access requires your name, student number, and student card number. Please note that only active Traill College members can receive after-hours access.

Please take care and enjoy the rest of Traill Tales.

James Onusko



Trail Day



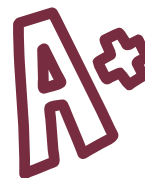
Need an Appointment?

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>

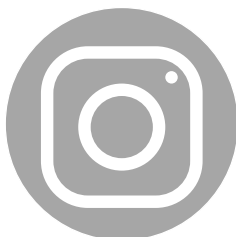
To keep up to date with the college, follow us on social media!

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](#)

What's going on during O-Week!

Graduate Student Tuition & Fees, Plus Funding Workshop



Friday, September 11th, 10:00-11:00 AM
📍 Virtual Meeting

Graduate Student Tuition & Fees, Plus Funding Workshop
Take charge of your graduate finances with expert-led guidance on tuition, student accounts, and funding essentials.

Friday, September 11, 2026 10:00am - 11:00am
Jane Rennie: [Email](#)

Coffee Crawl Off-Campus Meetup



Explore some of Peterborough's coziest cafés, hidden gems, and favourite student hangout spots while getting to know new friends from across the colleges.

Sept 11th, 3:00-4:00pm, Scott House Lawn
Click [here](#) for more info.



Grab some friends and head out to the lawn for an afternoon of easy, low-key games and good company. Come play, chill on the grass, or just hang out before we head off to the Coffee Crawl.

Friday, September 11th, 2:00-3:00 PM at Scott House Lawn



Come one, come all, to the annual Traill Carnival!
What better way to spend your day than by enjoying a free BBQ, carnival games, mocktails, a bouncy castle, and live music? Don't miss out... Bring your friends and family to the College on the Hill for all of that and more!
Saturday, Sept. 12th, 11-4pm - Traill College (300 London St)

What's going on at Traill & Trent!



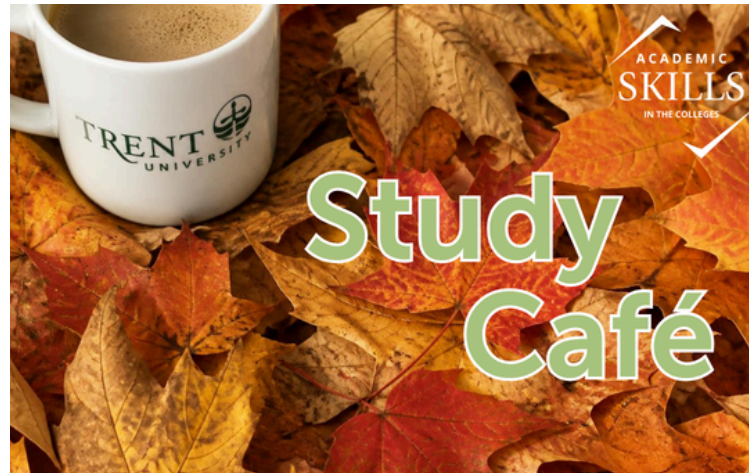
ACADEMIC ADVISING
TRENT

COURSE REGISTRATION DROP-IN

SEPTEMBER 9th & 10th, 2026
1-4pm | Bata Library 202

At this event, students can find:

- Assistance using Self Service and MyTrent
 - Help navigating course selection and degree requirements
 - Answers to your questions about planning, adding, and changing courses for the Fall term or academic year
 - Information about important registration dates and deadlines
- Thursday, September 10, 2026, 1:00PM to 4:00PM, Bata Library BL-202



ACADEMIC SKILLS
IN THE COLLEGES

Study Café

Social study sessions for mature and/or transfer students

Thursdays 1-2:30pm
In the Pit (Lady Eaton College 206)
September - November 2026
Refreshments provided
Hosted by Academic Skills



September 17 to November 12 (excluding Reading Week on October 29)
Hosted by Academic Skills, Study Café is a weekly gathering for mature and transfer students who seek community as well as dedicated time and space for academic development.

For more information, please visit [this link](#)

Register: [Study Café for Transfer & Mature Students - Fall 2026](#)
[Registration](#)



We Want Your Recipes!

Have any easygoing fall 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 fall 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.



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.



Check out these upcoming micro-credentials open for registration this fall: EDI Training for Healthcare Professionals | September 14, 2026
Somatics & Breathwork for the Helping Profession | September 22 & 24, 2026 (Online)
Neuroscience of Manifestation & Gratitude | September 26, 2026
Learn more and register today at trentu.ca/careerspace/micro-credentials.

NOW ACCEPTING PROGRAMME PROPOSALS FROM THE TRENT AND PETERBOROUGH COMMUNITIES FOR

TRENT RADIO'S FALL BROADCAST SEASON

AMPLIFY YOUR VOICE
SHARE YOUR IDEAS
PRODUCE A MUSIC SHOW
PROMOTE YOUR STUDENT CLUB/GROUP OR COMMUNITY ORGANISATION,
ENGAGE WITH YOUR COMMUNITY
STAY CONNECTED

APPLICATIONS AVAILABLE
WWW.TRENTRADIO.CA

EMAIL: INFO@TRENTRADIO.CA for more information about Trent Radio and becoming a volunteer Programmer.

Programme Proposals Deadlines

EARLY BIRD DEADLINE
MON AUG 24 @ HIGH NOON

FALL SEASON DEADLINE
FRI SEP 18 @ HIGH NOON



Click here to fill out the [Programme Proposal Form](#) for the REGULAR 2026-27 Season.

EARLY BIRD DEADLINE - MON AUG 24th: For returning programmers who would like to start before September 21st.

REGULAR DEADLINE - FRI SEP 18th @ High Noon: For all new/returning programmers who would like to start their show and/or training the week of September 21st.

Follow us on Instagram @TrentRadioCommunity to learn more.

Homeroom

Are you looking for community and learning support?

Join Academic Skills for learning tips, community & free food!
Tuesdays at 4pm or Wednesdays at 1pm

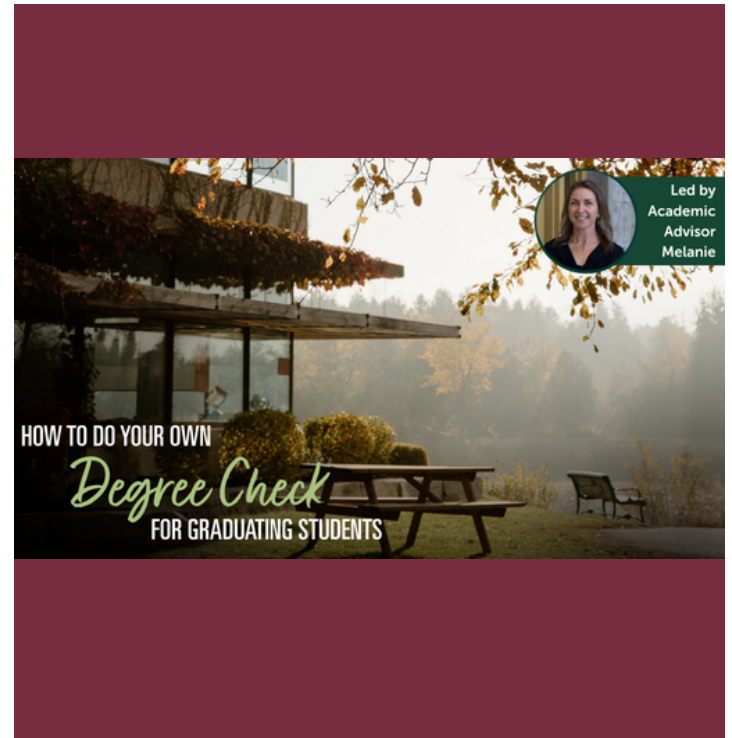


Find community and strengthen your learning skills by meeting regularly with other students and Academic Skills Instructors. Each week, Homeroom will focus on strategies to help you thrive through your semester: managing time and finding balance, reading and lecture hacks, how to write university assignments, and study tips and tricks. We offer this program on Tuesdays and Wednesdays from September 15/16 to October 20/21. You can join the day that best fits your schedule. Open to students from ALL colleges! [register here](#).

What's going on at Trent!



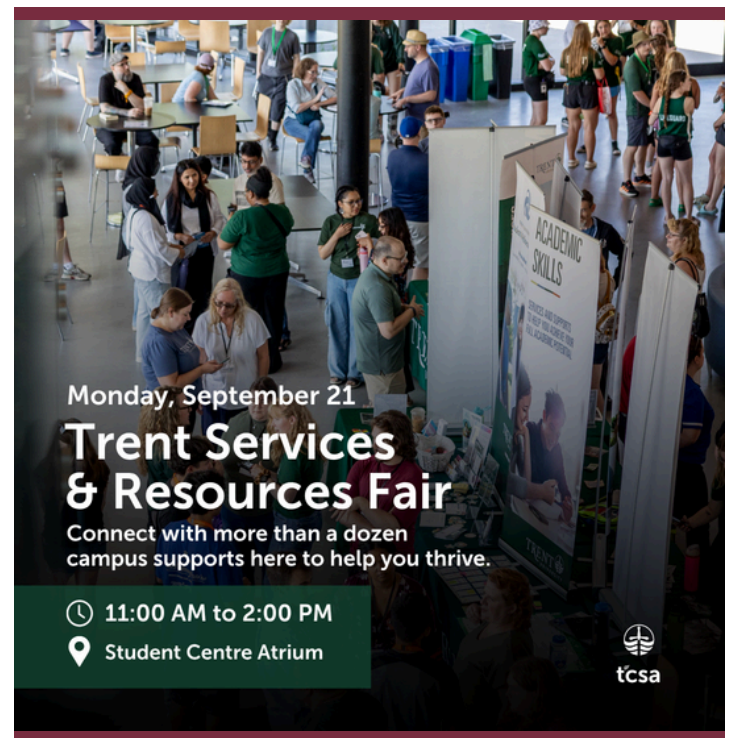
Careerspace's Volunteer expo is this week, September 16th from 10AM – 2PM in the Student Centre Atrium. Get connected and network with local organizations ranging from YES Shelter, PRHC, Ontario Turtle Conservation and more! Register today via the Student Experience Portal: Register [Here](https://trentu.ca/SEP).



- Understand how to confirm your program requirements will be met.
 - Review university degree requirements and how they apply to your degree.
 - Learn how to identify any outstanding requirements or potential issues.
 - Walk through how to apply to graduate.
- Tuesday, September 15, 2026, 2:00 - 3:30pm



Come see Bollywood / Lollywood music at the Trill Carnival while enjoying a free lunch!
Saturday, Sept. 12th, 12:00-1:30pm - Trill College
(300 London St)



Trent Services and Resources Fair
Monday, September 21st, 11 am-2 pm - Student Centre Atrium
The Services and Resources Fair brings together departments from across the university, allowing you to meet staff, ask questions, collect helpful information, and learn about the programs and services designed to support your academic success, personal well-being, and campus involvement.

Backwoods Baking Presents:

15-Minute Honey Garlic Chicken

INGREDIENTS

- 2 teaspoons extra-virgin olive oil (or canola oil)
- 1 ½ pounds boneless, skinless chicken breasts, cut into small cubes (about ½ inch)
- Salt and black pepper
- 3 tablespoons honey
- 3 tablespoons low-sodium soy sauce
- 3 cloves garlic, minced
- ¼ teaspoon red pepper flakes (optional, adjust for heat)

[View the Recipe Here](#)

RECIPE BY
KATHRYN
DOHERTY



INSTRUCTIONS

1. Heat olive oil in a large skillet over medium-high heat.
2. Lightly season the cubed chicken with salt and pepper. (Go easy because the soy sauce has plenty of sodium.)
3. Add the chicken to the skillet and brown on one side, about 3-4 minutes.
4. Meanwhile, make the glaze. Whisk the honey, soy sauce, garlic and red pepper flakes, if using, in a small bowl until well combined.
5. Turn the chicken pieces over to begin cooking on the other side. Add the sauce to the pan and toss to coat the chicken pieces. Cook until chicken is cooked through, 4-5 more minutes. (The small pieces cook quickly, which is the point, so be careful not to overcook them.)
6. Serve with steamed rice and top with green onions, sesame seeds and a squeeze of lime juice, if desired.



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

Trail Mix

Why did the man bungee jump on the first day of autumn?
Because he loved the fall.





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: Student Accessibility Services

STUDENT ACCESSIBILITY SERVICES

Student Accessibility Services (SAS) is a team of interdisciplinary professionals who provide support to students with disabilities through one-on-one advising, referrals to campus supports, and adaptive technology. SAS supports include:

- Developing individualized accommodation plans for registered students;
- Working with students to develop approaches and strategies that use students' strengths to help them engage with their coursework;
- Offering support through an Adaptive Technologist, using a hands-on approach which allows students to learn how their technology works and how it can be used in their studies;
- Directing and connecting students to appropriate campus resources.

Want to learn about the SAS application process? Click the underlined text above for more info.

**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)

**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](#)

Study Tips for a New Semester

As the new academic year begins, brush up on your study strategies and set yourself up for success!

Creating good habits early on will help your semester run smoothly.

Try making to-do lists, planning ahead of time, creating a designated space for studying, and making a study kit with everything you need.

For more tips, follow the link above!



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"I believe that tomorrow is another day, and I believe in miracles." — Audrey Hepburn