



SUMMER EDITION XVIII - SEPTEMBER 2ND, 2026

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

Well, here we are in early September now. After an amazing summer, from our perspective, reality is setting in that classes are on the horizon, and new work rhythms are upon us. We have several grad students and some families moving in already, and an undergraduate population of at least 40-strong arriving this weekend.

Our **Pizza Fridays** came to a close last Friday, with over **60 people** in attendance. It was such a wonderful summer of lunches that were so well attended. We want to thank everyone who joined us – many of whom have been regulars for years now. We are already thinking about next year, and can't wait to see it continue.

Crawford House and parts of Wallis Hall are being readied for the return of undergrads, which is exciting for all of us. We will welcome them all at [Traill Day](#) on Monday, followed by the [Mature and Transfer Social](#) on Tuesday evening under the big tent on the west side of Kerr House. The following night, our ever-popular **Grad Student Social** will see grad students meeting with faculty and senior administrators, once again, under the big tent. Both events run from 6-8 pm. Also, another reminder that the **Traill Carnival** will be running from 11:00 am until 4:00 pm on Saturday, Sep. 12th. It is a can't-miss annual event.

Shortly, we will have more news about the **Symons Series, Traill Sunday Dinners** in Scott House and at Emmanuel United Church. Our college office is open from 8:00 until 5:00, Monday through Friday, for any assistance that you require. Please come by and see us any time during those hours. Please take care and enjoy the rest of Traill Tales.

Warm regards,

James Onusko



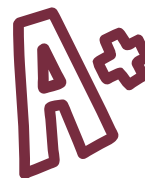
Need an Appointment?

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/trail/belong/college-cabinet>

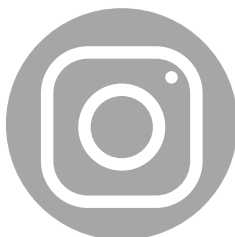
To keep up to date with the college, follow us on social media!

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](#)



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What's going on during O-Week!



Calling all new students! Don't miss Traill Day! This is an important introduction to your college, its staff, and all the services that we provide for you. A free lunch and welcome bag filled with Traill goodies will be provided!

Register [here!](#)

Monday, Sept 7th, 10am-1pm - Jalyann Bennett Amphitheatre, Traill College (300 London St.)



The Colleges of Trent University invite you to the annual Mature & Transfer Student Social. It is an opportunity for students age 21+ and transfer students to mingle with each other, staff, and faculty! Enjoy live music and free refreshments.

Register [here!](#)

Tuesday, Sept 8th, 6-8pm, Kerr House Lawn, Traill College (300 London St.) Look for the big tent!



Are you a new graduate student to Trent University? Come to our Graduate Student Social! Meet other students, faculty members, and staff in a relaxed environment. Live music and free food provided!

Wednesday, Sept 9th, 6-8pm, Kerr House Lawn, Traill College (300 London St.) Look for the big tent!



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 SKILLS
IN THE COLLEGES

You are warmly invited to join us for:

Peterborough Transfer Student Orientation

Academic Skills Instructors welcome students who are new to Trent and have previously earned credits from another institution to learn about tips and tools for studying and assignments.

SEPTEMBER 1 | 7-8 PM

Register for the Zoom Link
(screenshot and save or see link in bio)



Join Academic Skills for the Peterborough Transfer Student Orientation on September 1 at 7-8 pm via Zoom, [register here](#). In this session, we'll discuss the learning environment at Trent and strategies that may help you reach your academic goals. You will meet one of Trent's College Principals, hear from a transfer student about their experience, and learn about other Orientation Week events for you.



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.



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.



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](#).

Backwoods Baking Presents:

Crispy Pork and Peanut Noodles

INGREDIENTS

[View the Recipe Here](#)

INSTRUCTIONS

- 1 tablespoon oil
- 2 (3-ounce) packages ramen noodles, seasoning packet discarded
- 1 pound ground pork
- 3 medium green onions, sliced, light and dark parts separated
- 2 cloves garlic, minced
- 1/2 teaspoon ground ginger
- 2 tablespoons peanut butter
- 3 tablespoons soy sauce
- 2 tablespoons chili garlic sauce
- 1 tablespoon brown sugar
- 1/2 cup water, or as needed

RECIPE BY
**NICOLE
MCLAUGHLIN**



1. Bring a pot of water to a boil and add ramen noodles.
2. Cook until just underdone, about 2 1/2 minutes; drain.
3. Meanwhile, heat a large skillet over medium-high heat.
4. Heat oil then add pork and cook crumbling until browned and crispy, 3 to 4 minutes.
5. Add in lighter parts of the green onion and garlic and cook for 30 seconds.
6. Stir together peanut butter, ground ginger, soy sauce, chili garlic sauce, and brown sugar in a small bowl until well combined.
7. Pour peanut sauce over pork mixture. Stir in noodles until coated.
8. Add water to loosen the sauce as desired and cook for 1 minute.
9. Remove from heat and top with remaining green onions.



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

Traill Mix

I'm reading a book about anti-gravity.

It's impossible to put down!





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: First Peoples House of Learning



First Peoples House of Learning (FPHL) is honoured to offer cultural services to a diverse community of Indigenous learners (First Nations, Status/Non-Status, Métis and Inuit). We collaborate with students to support their academic success, personal development and leadership potential.

FPHL embodies the Indigenous worldview of education as a ceremony of learning. We nurture a community that recognizes the voices and spirits of our students.

**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](#)

Move-in Tips & Tricks

Avoid move-in delays - upload your photo to the TrentU Card Photo Submission tool on the myTrent portal

Your TrentU card has gone mobile! Download the Avro app and log into your student card

Refer to the email you received that includes your move-in time slot.

Check out this [Residence Checklist](#)



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“The way I see it, if you want the rainbow, you gotta put up with the rain.” – Dolly Parton