



WINTER EDITION VII - FEBRUARY 22, 2024

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

I hope that you enjoyed the Family Day holiday and that you are having a restful and productive Reading Break. Despite the snow, we had a very successful all-colleges dinner last Thursday night in Bagnani Hall to honour **Bridget Larocque**, the 44th Ashley Fellow. All the college principals were in attendance including **Dr. James Onusko**, the new principal of Champlain College. James is a Traillite and a graduate of the Frost Centre. It was wonderful to see him back at the College on the Hill in his new capacity! At the dinner, there was great music and Métis jigging which ended with everyone getting up to dance a step or two. Vice President **Marilyn Burns** offered a few words on the significance of the Ashley Fellowship and the colleges and then Bridget was officially made an honorary fellow of Traill College. As per usual, the dinner was capped off by a round of toasts celebrating both those who were present and those, like Tom Symons, who were absent, but not forgotten. I hope that the new tradition of all colleges dinners will continue, particularly around the yearly Ashley Fellowship. I think that Tom would have been happy to know that the spirit of his mentor, C.A. Ashley, still enlivens the life of the colleges at Trent. Please see the newsletter for some photos from the dinner, taken by our own **Julie Gagne**.

Attention all graduate students! The deadline for 3MT (Three Minute Thesis) has been extended! Don't miss out on this great opportunity to develop your communication skills, win prize money, and represent Trent University at the provincial finals. Application deadline is extended until **Monday, February 26th**. More information can be found at: <https://www.trentu.ca/academicskills/programs-events/three-minute-thesis-3mtr-trent>

Finally, if you are an undergraduate student, don't miss your opportunity to be a part of Traill College's student government. The Traill Cabinet is holding elections and the nominations close on March 3rd at 12 PM. There is no shortage of positions to apply for including: Co-President Student Affairs, Co-President College Affairs, Chair, Secretary, Senior and Junior Ministers of Finance, TCSA Commissioner, Minister of Human Rights and Accessibility, Minister of Health and Safety, Minister of Academics, Minister of Athletics, Archivist and several more. Go to <https://www.trentu.ca/colleges/traill/belong/college-cabinet> for more details.

Until next week,



Needing an Appointment?

Looking to book an academic appointment?



Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

[Academic Advising](#) and [Academic Skills](#) appointments are available Monday to Friday on the [Student Experience Portal](#).

Trill College offers same-day appointments on Fridays from 9:00am - 4:00pm for both Advising and Skills. Book Advising at 705-748-1011 ex. 7333 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

TRAIL CABINET
Student Cabinet Elections 2024

Nominations Open Now

CATHARINE PARR & ASSOCIATES
CABINET
TRAIL COLLEGE

Fill out the nomination form on our website

Spring Elections have begun! Find the nomination package on our website, nominations close Mar 3

Swag Shop



*Click [here](#) to view our swag shop and order online!
Pick up orders and pay with cash at the College Office.*

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



[@trillcollege](#)



[Trill College](#)



[trillcollege](#)



[#trill](#)

For the most up to date information on Trent University's response to COVID 19 visit:
<https://www.trentu.ca/coronavirus/>



Backwoods Baking Presents:

Veggie Garlic Noodles

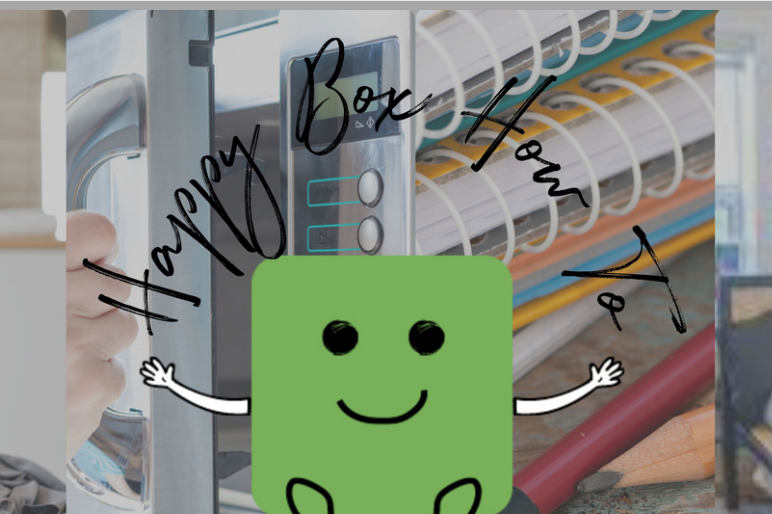
[Find the Full recipe here](#)

INGREDIENTS

- 2 tablespoons vegetable oil(30 mL)
- 5 cloves garlic, minced
- 4 green onions, sliced, divided
- 2 carrots, cut into matchsticks
- 1 cup snap peas(100 g)
- 2 tablespoons brown sugar
- 3 tablespoons soy sauce
- 9 oz dried rice noodles(250 g), cooked

INSTRUCTIONS

1. Heat the vegetable oil in a large skillet over medium heat. Add the garlic and 3 green onions and cook for 2–3 minutes, until fragrant and tender. Add the carrots and snap peas, then stir in the brown sugar and soy sauce.
2. Add the noodles and toss for a couple of minutes, until the noodles are well-coated and the vegetables are tender. Season with salt and pepper.
3. Serve immediately, garnished with the remaining green onion.



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

Trail Mix

What do you call a moose with no name?
Anonymoose.



What's going on at the College on the Hill?

2024 3MT[®]
Application Deadline Extended to February 26
Get your submissions in before it's too late!

ACADEMIC SKILLS TRENT U

The application deadline for Trent's 3MT has been extended to Monday, February 26! Take advantage of this opportunity to share your research and win some awesome cash prizes. [Click here](#) to apply.

TRAIL CABINET
Student Cabinet Elections 2024
Nominations Open Now

CATHARINE PARR TRAIL COLLEGE CABINET

Fill out the nomination form on our website

If you want to be a part of Traill Cabinet for the 2024/25 year, nominations are now open! Find the nomination package on our [website](#) and email it to traill@trentu.ca before March 3rd.

MOTIVATION Mondays

- Discuss strategies for setting writing goals
- Build momentum
- Motivational discussions on overcoming
 - Impostor syndrome
 - Distractions
 - Writers block
 - Burnout

Every Monday
10:30 to 11:30
Starting January 22

ACADEMIC SKILLS IN THE COLLEGE

Motivation Mondays are back, with a vengeance! With support from Academic Skills you can get weekly help with various support structures available to you!

TRENT UNIVERSITY CONTINUING EDUCATION

Expand YOUR MIND

REGISTER NOW FOR WINTER-SPRING 2024 CONTINUING EDUCATION CLASSES

trentu.ca/continuingeducation

Interested in lifelong learning? Take a look at what's offered by continuing education. There are over 30 offerings that you can find on the website [here](#).



All Colleges Dinner
for the
44th Ashley Fellow

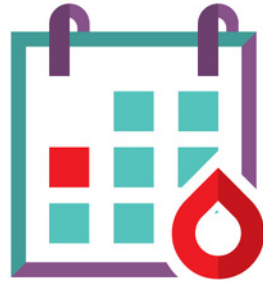
Bridget Larocque

What's going on at Trent University?



Take a
study break
to donate.

Book now at blood.ca



Blood for Life

Trent University Blood Mobile: March 13th
ATHLETIC CENTRE GYMNASIUM 10AM-2PM
Please come out and save a life! Make your
appointment online @blood.ca, download the
GIVEBLOOD APP or call 1 888 2DONATE (236.6283)

Social Group for Autistic Students

MEETING TUESDAYS FROM
3:30PM-4:30PM
BLACKBURN HALL RM 135

CONNECT | DE-STRESS | CREATE

YOU DO NOT NEED TO BE REGISTERED WITH SAS TO ATTEND THIS GROUP.
MORE INFORMATION CAN BE FOUND BY EMAILING
CHLOE AT [CDEVLIN@TRENTU.CA](mailto:cdevlin@TRENTU.CA)

Join Student Accessibility Services on Tuesdays from 3:30 to 4:30 pm for a drop-in style social group for autistic students! You do not need to be registered with SAS to attend - all are welcome. Find us in Blackburn Hall, room 135. You can email questions to cdevlin@trentu.ca for more information.



CAREER PEERS

Upcoming Drop-In Sessions

Champlain Great Hall
Wednesday, February 28 | 10 - 2

Freedom Lounge
Thursday, March 1 | 10 - 1

Need some help with your resume or cover letter?
Not sure where to find a job? Check out the
upcoming Career Peer drop-in times! No
registration required.

IT'S BACK!!!!

ADHD GROUP

Join us in the SAS Group Room on
Thursdays from 3:30-4:30 PM for a
relaxed discussion with peers about tips
and tricks!

Drop-in friendly!

In Blackburn Hall RM 135

The Student Accessibility Services group is back!
Join us on Thursdays from 3:30 to 4:30 pm in
Blackburn Hall, room 135. You do not need to be
registered with SAS to attend - all are welcome.
Email cdevlin@trentu.ca for more information.



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: **College Cabinets**

College Cabinets are a great way to get involved with your collegiate community. Cabinets are responsible for planning events such as East Vs West, Hoop There it is, and supports like Trails Sunday Feast Series. Nominations for Traill Cabinet is **currently open until March 3rd**. Get involved with your community and connect with your Cabinet!

Involved with a club? Cabinets can also provide some funding for club activities!

Hello!



PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at ccr.trentu.ca to book a session.

Monday to Thursday 12-3pm.

Fun Fridays from 12-2pm.

@peersupporttrent on IG or FB

Here to listen and support. Let's connect.

Looking for another student's perspective? Book a peer support appointment Monday to Thursday 12pm-4pm through the **Student Experience Portal!**



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!

Wellness Resources

"What are your plans after graduation?"

At some point, almost every student experiences the pressure to grow a resume, land internships and ultimately find professional employment. All of which can lead to feelings of stress and uncertainty.

Taking the first steps in professional development can be daunting so here are some tips on how to combat career concerns!

4 Tips for Combatting Career Concerns



1. Remember You're Not a Failure or Falling Behind

It's important for students to remember not to compare themselves to peers. Everyone moves at their own pace.

2. Define What Success Means to You

Gathering a strong understanding of personal likes and dislikes, skills and more, often can assist students in discovering their definition of success.

3. Organize a Plan and Take Action Often

Turn professional aspirations into reachable destinations, by exploring a variety of opportunities such as career expos or chances to strengthen your resume with volunteer work

4. Don't Neglect Holistic Wellness

As a student and beyond graduation, focusing on Career Wellness, is just as important as Physical Wellness, Emotional Wellness, Social Wellness and more.

Students unsure where to begin, or needing guidance surrounding professional development checkpoints, are encouraged to use the resources available to them such as **Careerspace**, the **Wellness Centre**, and networking events hosted by **Life After Trent**

<https://news.syr.edu/blog/2023/04/03/supporting-student-wellness-series-4-tips-for-combatting-career-concerns/>



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"I like to think of our education as moving from the dark of not knowing to the light of knowledge and understanding." -Margaret-Ann Armour