

TRAILL TALES

*Catharine Parr Trill College
Trent University*



A message from our College Principal Michael Eamon

Welcome Traillites to the Fall Term at Trent University!

It is wonderful to see all the students and fellows return to the College on the Hill. On behalf of the entire staff of Traill College, I would like to offer well wishes to all of our students for success as the new term begins.

If you are new to the ***Traill Tales*** newsletter, it is your weekly one-stop shop for information on all things Traill. Whether you are an undergraduate, graduate student, alumnus/a, or community member, the newsletter is where you can find out what's happening at Traill College, what's playing at the Jalynn Bennett Amphitheatre, and what's in store for our adult-learning community that are interested in Continuing Education courses. Just click on the link to download the full newsletter in .pdf form.

Talking about great upcoming events, this Saturday, 9 September is the annual ***Traill Carnival***, a fun family-friendly way to celebrate the end of Orientation Week. It all happens between 11 AM and 4 PM, outside, on the lawns at Traill College. We will have a bouncy castle and games for kids, free BBQ (first-come, first-served), the TGSA Beer Tent, and special performances at the Jalynn Bennett Amphitheater including:

Peterborough Pathway of Fame musician and Traill Fellow, **Kate Suhr** from 1:00 PM to 2:00 PM, playing her special blend of folk and country music.

We are also happy to welcome back this year from Toronto **Naaz Jiwa** and **Khalil Ahmed Malik** who, from 2:00 PM to 3:00 PM, will be singing popular South Asian tunes that will definitely get the crowd dancing.

Rain or shine we are moving forward with the Traill Carnival, so let's hope for shine (but, not a continuation of the heat!)

In other news, Thursday evening, September 14th, at 7 PM the College and Academic Skills is hosting a special ***Graduate Student Social*** under our big tent on Kerr House lawn. All new graduate students are welcome to come, meet graduate professors and staff, enjoy free snacks, and get acquainted with other students. I look forward to seeing you!

Until next week,

A handwritten signature in black ink, appearing to read "Michael Eamon".



Needing an Appointment?

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

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 response to COVID-19 visit: <https://www.trentu.ca/coronavirus/>

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. 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.

Swag Shop



Click [here](#) to view our online swag shop and order by contacting 705-748-1011 ext. 7020 or trail@trentu.ca!



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



[#trail](#)





Backwoods Baking Presents:

Chewy Lemon Sugar Cookies

<https://www.delish.com/cooking/recipe-ideas/a36148345/lemon-cookies-recipe/>

INGREDIENTS

- 2 1/2 c. all-purpose flour
- 1 tsp. baking soda
- 1/2 tsp. kosher salt
- 3/4 c. (1 1/2 sticks) butter, softened
- 3/4 c. granulated sugar, plus more for rolling
- 1/4 c. packed brown sugar
- Zest of 2 lemons
- 1 large egg, plus 1 egg yolk
- 3 tbsp. lemon juice



INSTRUCTIONS

Step 1: In a large bowl, whisk together flour, baking soda, and salt.

Step 2: In another large bowl using a hand mixer, beat together butter, sugars, and lemon zest. Add egg and yolk and beat until combined. Scrape down sides then add lemon juice. Add dry ingredients and mix until just combined. Cover with plastic wrap and refrigerate until well chilled, at least 2 hours.

Step 3: Preheat oven to 350°. Line 2 large baking sheets with parchment and place sugar in a small bowl. Using a large cookie scoop, about 3 tablespoons, scoop dough and roll in sugar. Place on baking sheet 2" apart.

Step 4: Bake until edges are just set and middles are still soft, 12 to 14 minutes. Let cool on baking sheets.



Click on Traill's [YouTube channel](#) to view



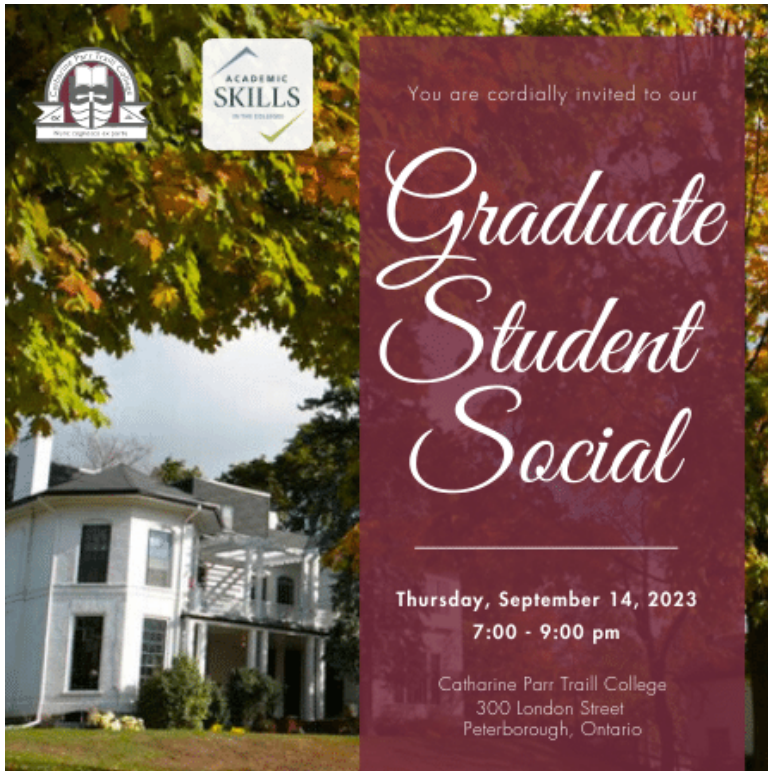
Trail Mix

Why does it take pirates so long to learn the alphabet?

They spend years stuck at C!



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



ACADEMIC SKILLS
IN THE COLLEGES

You are cordially invited to our

Graduate Student Social

Thursday, September 14, 2023
7:00 - 9:00 pm

Catharine Parr Traill College
300 London Street
Peterborough, Ontario

All Trent graduate students please join us for an evening of music and conversation at Traill College on Thursday, September 14 at 7:00 to 9:00 pm.



GRADUATE STUDENTS OF ALL DISCIPLINES!

ANSWER THE CALL FOR ABSTRACTS FOR The Thomas H.B. Symons Seminar



\$50 stipend and Symons Series Certificate for all speakers for delivering a 15-minute talk on their reresearch

Abstract Submission Guidelines

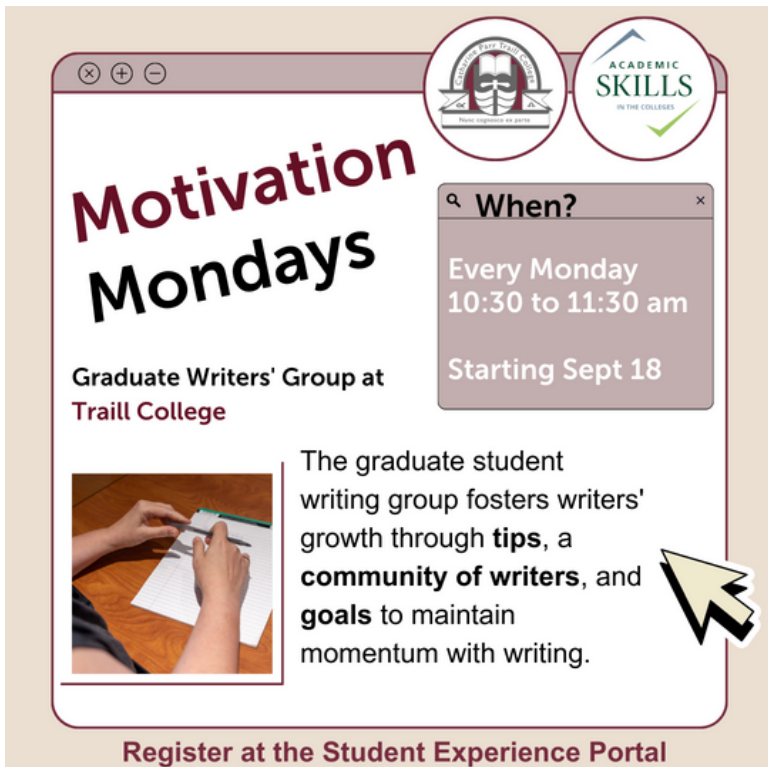
1. Abstracts should explain your research in a way that is interesting and understandable to someone unfamiliar with the field.
2. Abstracts can be on work in progress, portion of the work, or a completed project or thesis.
3. Abstracts should be a maximum of 250 words and should include your name, a title, your level (MA., MSc., PH.D) and department.
4. Abstracts can be emailed to traill@trentu.ca. Please indicate Symons Series Abstract in the subject line.

ABSTRACTS DUE
September 30, 2023

EMAIL TO traill@trentu.ca




The Symons Seminar Series is an event held on campus throughout the academic year. For those interested, submit your abstract to traill@trentu.ca before September 31st.



Motivation Mondays

Graduate Writers' Group at Traill College



The graduate student writing group fosters writers' growth through **tips**, a **community of writers**, and **goals** to maintain momentum with writing.

When?
Every Monday
10:30 to 11:30 am
Starting Sept 18

Register at the Student Experience Portal

The first session in September will be in person outdoors and the remainder will be in WH 226 and on Zoom. Register [here](#).



Attention New Traill Students!

Scarf Ceremony

September 30th, 11am

Traill College invites all new Traillites to come and be officially welcomed to Traill and get your maroon and grey stripes!

Following the Scarf Ceremony at 2 PM, come to Fiddling for Fox, an Irish music concert to support cancer research.

New Traill students are invited to receive their scarf and be formally welcomed to Traill College. The Scarf Ceremony starts at 11am on September 30th and live music will follow at 2pm



**Traill
College**

Carnival & BBQ

FEATURING

BBQ LUNCH • LIVE MUSIC
BOUNCE CASTLE
LAWN GAMES • BEER GARDEN

Catharine Parr Traill College
300 London Street
Peterborough, ON

11 am
-
4 pm

September 9, 2023

What's going on at Trent University?

ORIENTATION WEEK!

Trent's Fall orientation week starts on your move-in day for incoming residence students.

For incoming off-campus students, orientation weeks starts September 4th!

Find the schedules, dates and times for all upcoming events on our website!

trentu.ca/orientationweek/

O-week provides students with an opportunity to learn more about campus, the services available to them, and provide an opportunity to meet other students. Find upcoming events [here](#)

Join Code: **EXPLORETHEBORO**

EXPLORE

THE BORO:
Your Home Away from Home

SCAVENGER HUNT

SEPT 2-21

Password: **TrentU23**

Play our exclusive, self-guided scavenger hunt to discover campus and the Peterborough community! Complete missions and earn points for your chance to win amazing prizes. Click [here](#) to learn how!



REGISTRATION FOR TRYOUTS NOW OPEN ON IMLEAGUES!

REGISTER THROUGH IMLEAGUES BY SEPTEMBER 10TH TO HAVE YOUR CHANCE AT BEING AN EXCALIBUR ESPORTS ATHLETE!

[LINKTR.EE/TRENTUESPORTS](https://linktr.ee/trentuesports)

The poster features the Trent Excalibur logo at the top center, surrounded by circular icons for various esports titles: League of Legends, CS:GO, Overwatch, and a large number 6. The background is a dark green grid pattern.

Registration for tryouts now open on IMLEAGUES. Registration closes September 10, 2023. Click [here](#) to learn more!

Order your College Orientation T-shirt now!

Available in both Black and White!



Get your Orientation Shirt NOW!! These college specific shirts are a great way to showcase your College Pride! Make sure to get a white shirt if you want to tie dye it during Orientation week. Order [here](#).

What's going on at Trent University?



2023 TRENT TEMAGAMI TRIP

**LIVING RELATIONSHIPS:
INDIGENOUS RIGHTS, RECONCILIATION,
AND THE LAND**

 September 21-24

 Everyone is welcome!

 \$150 for students

 Transportation, meals & accommodation provided

SUPPORTED BY

- First Peoples House of Learning
- The Frost Centre
- Study Abroad
- Trent International
- Bruce and Carol Hodgins Fund
- Indigenous Environment Science/Studies

This annual event is a chance to examine our relationship to the land and each other, with a focus on the study of Canadian, environmental, and Indigenous issues. Financial assistance available!



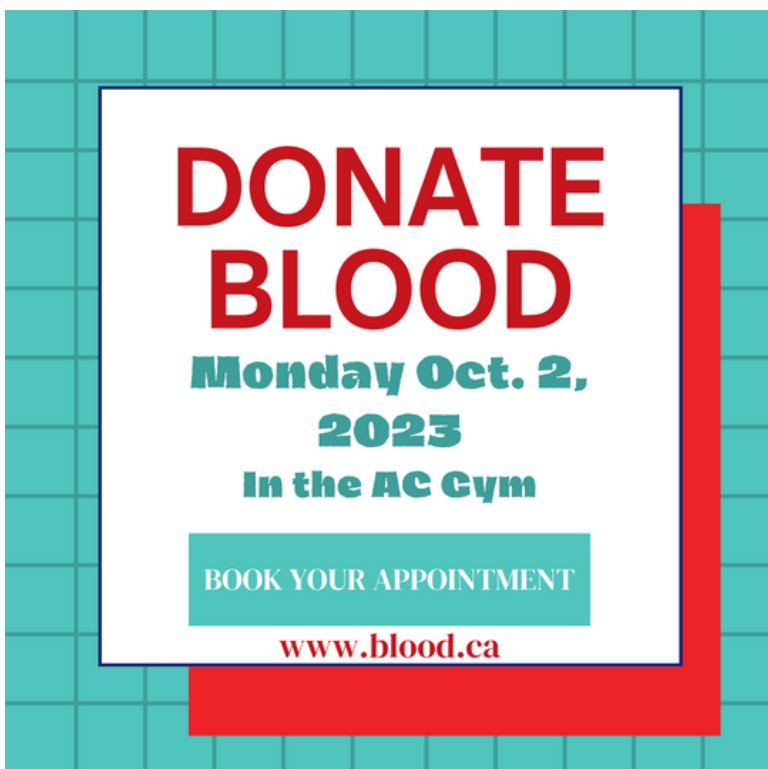
September 17th
11am-3pm

CURVE LAKE POW WOW

TRANSPORTATION AND TICKETS WILL BE PROVIDED.



Join the Colleges of Trent at the annual Curve Lake Pow Wow! For event details and registration, please visit the [Student Experience Portal](#) or [Eventbrite page](#). Learn more about pow wow etiquette [here](#).



DONATE BLOOD

Monday Oct. 2, 2023

In the AC Gym

[BOOK YOUR APPOINTMENT](#)

www.blood.ca

Interested in giving blood? Stop by the athletics centre on October 2nd. If you are concerned about your eligibility, click [here](#).



Fall 2023 Library Hours

Bata Library	Durham Campus Library
Service Desk Hours	Service Desk & Library Hours
Monday-Thursday: 8:00am-9:00pm	Monday-Thursday: 8:00am-7:00pm
Friday: 8:00am-6:00pm	Friday: 8:00am-5:00pm
Saturday: 10:00am-5:00pm	Saturday: 10:00am-5:00pm
Sunday: 10:00am-9:00pm	Sunday: CLOSED
Building Hours (Beginning September 17)	
Monday-Thursday: 8:00am-12:00am	
Friday: 8:00am-9:00pm	
Saturday: 10:00am-8:00pm	
Sunday: 10:00am-12:00am	

[More Library Hours](#)

Looking for a great place to study? Well we've got you covered! Whether you're at Symons or Durham campus, we have more than enough room, and time, to suit your studying needs.



Student Supports

We want you to know you are supported on-campus and in the Peterborough community. Every week we will rotate through groups who can support your unique self.



A Centre for Health Excellence, Trent Health in Motion is a private multidisciplinary clinic that offers state-of-the-art facilities and a wide range of health services in the Peterborough area.

Our services include physiotherapy, pelvic health physiotherapy, chiropractic treatments, massage therapy, athletic therapy, pool/hydrotherapy, kinesiology, dietetics, sports medicine, and on-site sports event coverage.

Find out more [here](#)

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

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

Here to listen and support. Let's connect.



CAREERSPACE

CAREERS & EXPERIENCES

VOLUNTEER EXPO 2023

September 13th, 10:00 A.M. - 2:00 P.M. Bata Podium

Connect. Network. Excel.

Wellness Resources

**Are you a first-year student?
Feeling overwhelmed?
You're not alone!**

Leaving home for college can be stressful for first-year college students.

Feelings of **depression**, **isolation**, **homesickness** and **loneliness** are quite common among freshman. Research shows that as many as 75 percent of college freshman reported feelings of loneliness their first two weeks of school. Loneliness can lead to depression, which can hinder a student's chance to excel in the classroom.



How to Combat Homesickness, Loneliness & Anxiety During Your First Year



<https://www.accreditedschoolsonline.org/resources/freshmen-college-transition/>

Homesickness



- **Get comfy in your new surroundings:**

Talk to people. Make new friends. Explore your new city. Check out the study spaces in Scott House, and take advantage of Traill's proximity to downtown.

- **Get involved:**

College is hard work, but it can be fun. Fill your free time with activities you enjoy. Join a club, sport, or your college Cabinet!

- **Seek counselling:**

The Student Wellness Centre offers confidential and free counselling for students.

- **Leave your dorm:**

Explore campus, attend events, and join clubs.

- **Share your feelings**

- **Don't use social media to make friends**

- **Adjust expectations:**

Everyone's college experience is different. Those who grasp the tough realities of college are better equipped to handle diverse challenges.

Loneliness



Depression



College students – especially those who move far from home – are burdened with a wide range of new challenges and pressures that can make them feel overwhelmed. They also are adjusting to the leap from adolescence to adulthood. Many of these factors can trigger or exacerbate depression in college students.

Look out for signs of depression in yourself and others and know there are resources on campus such as campus security and the Student Wellness Centre here to support you.



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"The time you feel lonely is the time you most need to be by yourself" - Douglas Coupland