



TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

Can March come in and leave like a lion? Clearly, it can! I cannot believe the crumbly mix of snow, rain, and sleet that we are experiencing. I even think that I heard thunder while I was writing this. Well, the good news is that I am pleased to report about all the great things that have been happening at Traill over the past two weeks.

After some debate with **P.S.B. Wilson**, founding Trent University Athletics Director, we came to the conclusion that **Team Trend** celebrated its 47th tournament last weekend at Traill. From all accounts, a good time was had by all. The stalwart Traill alumni that comprised Team Trend were even good enough to let the LEC alumni team tie them 3:3! Afterwards, the Traill gang and friends all returned to The Trend for a proper, celebratory dinner put on by our own **Chef Christopher**. Here's to the 48th reunion of Team Trend next year!

When I was in Hong Kong, the Traill Cabinet held its **End of Year Gala** where **Samantha Perritt** and **Zachary Brault** gave out our college awards for achievement in my absence. This year we are very proud of **Brittany Nichols** who won the *Marion Fry Scholarship*, Traill's most prestigious award named after our first principal and given to the second-year student with the highest average in the Humanities. **Karolina Wawrzyczek** won the *Principals' Prize*, given each year to the student with the highest average in the College. Beloved student and Cabinet member, **Morgan Loughlin**, received the *Fellows' Award*, (or *Traill Scholar*) awarded to the graduating student with a high average and who has contributed greatly to the life of the College. Finally, **Zoë Jackson** was presented with the *Traill College Post-Graduate Prize* for the highest average in a post-graduate certificate or degree program.

Finally, I am also happy to announce the winners of the recent election for Traill Cabinet, 2023-24. They are **Taylor Labelle**, our new Co-President College Affairs, **Aidan Cooke**, the Co-President Student Affairs, and **Lyne Soroka Sarrazin** – Minister of Academics. Congratulations to all. I look forward to working with you in the new year.

Whew! What a busy few weeks. That is why they call this time March Madness at Trent. Just one more week of class left...

Until next time,



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

Needing an Appointment?

**Academic Advising
Same-Day Appointments
for Trail College: Fridays**
9am - 4pm
Booked by the College Office



**Academic Skills
Appointments**
Monday-Friday
Afternoons; appointments
available to book at 9am.

Cabinet Corner



Thank you to the Trail
College Cabinet 2022-
2023

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



Looking to book an academic appointment?



Visit the [advising website](#) for the full schedule. Trail College offers same-day appointments Fridays from 9:00am - 4:00pm. To book, call the Academic Advising Line at 705-748-1011 ex. 7333. Same-Day Appointments start at 9am and appointments are first-come, first-served.

Academic Skills appointments are available for booking by logging on to the [Student Experience Portal](#) and selecting an available date and time.

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!





Backwoods Baking Presents:

Tortilla Breakfast Rolls by Cooking to Entertain



INGREDIENTS

- 1 large Tortilla
- 3 Eggs beaten
- 1/4 medium Red Onion chopped
- 1 tbsp Pepper chopped. You can use spicy like jalapeno or mild like bell, it's up to you
- 25 grams Cheese Cheddar works exceptionally well
- 1 pinch Black Pepper freshly cracked
- 1 pinch Salt to taste
- 1/2 tsp Garlic Powder optional
- 1 tbsp Butter

INSTRUCTIONS

1. In a bowl beat the eggs until they are mixed. Put a pan on high heat and add the butter. When it is fully melted pour in all the eggs.
2. Sprinkle in the onion and pepper, followed by the grated cheese and spices.
3. Place the tortilla right on top of the eggs and press it into the still liquid eggs. Shake the pan to make sure the eggs aren't sticking to the bottom and as soon as you see the eggs set around the tortilla flip.
4. Slide onto a cutting board and roll it up tightly. Cut in half, plate and enjoy.

Happy Box How To's

Videos posted every other Wednesday, starting May 25, 2022

Learn essential life skills from upper-year Trent students. Learn everything from doing laundry to budgeting

Click [here](#) to check out Trail College's Happy Box How To's!

Learn some healthy (and not so healthy) recipes, skills for academic work, laundry, moving tricks, College podcasts and more.

Trail Mix

If lights run on electricity and cars run on gas, what do cats run on?

Their paws.



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

A TRAIL COLLEGE CABINET **FREE DINNER**

PUB NIGHT

APRIL 1ST, 2023
6PM
@THE TREND

Trail College Cabinet is once again hosting a free weekend dinner! This time the theme is pub night! Made by the wonderful Chef Christopher, the dinner will start at 6pm at the Trend on Saturday April 1st. Did we mention it was free?

WE'RE HIRING!

For the 2023/2024 Academic Year

Trail Interns

Apply online through the Trent Student Experience Portal
JOB ID: 31311

Deadline: Monday, April 10th, 4:00pm
We can't wait to hear from you!

Trail College is hiring for the 2023/2024 Academic Year! Apply through the Job Board on the Student Experience Portal before April 10 at 4:00pm.

Three Minute Thesis

Come watch as our graduate students
face the challenge

ACADEMIC SKILLS TRENT U

3MT

Vote for the People's Choice Award!
April 13th, 2023 at 7:00 pm
Market Hall (140 Charlotte Street)
Free Public Event

The Three Minute Thesis Competition (3MT®) presents Masters and Ph.D. students with the ultimate challenge: to explain their complex and highly specialized research and ideas to a general audience in just three minutes. Please join us in the audience and vote for your favourite graduate student 3MT presentation.

EXAM CARE PACKAGES

GET SET UP FOR SUCCESS FROM TRAILL COLLEGE AND TRAILL COLLEGE CABINET!

While supplies last, pick up an Exam Care Package at the College Office in SH106 starting April 11th.

You Got This!

Stressed out about exams and missing out on self care? Don't worry! The Traill College and the College Cabinet got you. Come pick up your exam care packages at the College Office starting from April 11th!

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

CONGRATULATIONS TO THIS YEAR'S COLLEGE AWARD RECIPIENTS

Marion Fry Scholarship

Brittany Nichols

Principal's Prize

Karolina Wawrzyczek

Trail Scholar (Fellow's Prize)

Morgan Loughlin

Post Graduate Prize

Zoe Jackson



Trail Scholar Award Winner
Morgan Loughlin



Post Graduate Prize Winner
Zoe Jackson



Cabinet Athletic Award Winner
Grace McDonald



What's going on at Trent University?



The Trent Queer Collective invites you to a night of nature, community, and all things queer! Join us at Sadleir House on April 14th to enjoy dancing, drag performances, and tasty treats. Tickets on sale starting March 31st at 4pm, [here](#).



Are you involved in extra curricular activities: clubs, student governments and/or volunteering? Take the time to add your expertise on your own co-curricular record by May 1st!



Travel to the wonders of Ancient Egypt in this weekend-long experience. You can sign up for one mini-workshop of your choosing for \$40 each, or attend the full weekend (4 workshops) for only \$100. Register [here](#).



The Write Retreat is a place and a space to write and connect with other writers. If you are looking for the time and focus to engage and share your work with others, this is the workshop for you. Register [here](#)



Student Supports

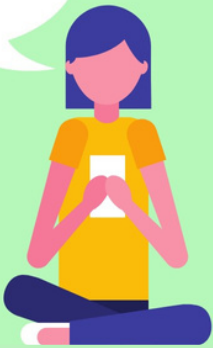
We want you to know you are supported on-campus and in the Peterborough community. Every week we will rotate through groups who can support your unique self.

This week we are highlighting Academic Skills Instructors!



Meet with an Academic Skills instructor to discuss study skills and organization, clear and critical writing, and essential math skills. Synchronous video, in-person, and asynchronous email appointments are available Monday to Friday throughout the academic year and summer term. Book an appointment through the Student Experience Portal

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

Careerspace continues to offer our services! Book an appointment on trentu.ca/sep or by phone and our student staff can assist. Appointments continue through the built-in video chat feature in the Student Experience Portal, or by phone. Still have questions? You are welcome to visit our office on the third floor of the Student Centre where you can speak with our student staff. We're happy to help!

Wellness Resources

It's the final countdown as we get closer to the last day of classes and exams begin, so how are you doing?

If you didn't do well on some assignments, or that you're struggling meeting deadlines, there are options available to help you continue your education with more confidence

"I'm struggling to keep up"

What to do:

Stop and remember that it's normal to find yourself in courses that you may struggle in. If you're not enjoying anything about school or have lost all motivation, talk to a counsellor because that can be a symptom of a larger problem



Use the resources available to you: talk to your course instructor for deferrals and extensions, book an appointment with academic advising to find out if you can reduce your course load, academic skills instructors can help teach you skills to maximize your time

You are not any less of a good student or amazing person just because you need some guidance or a break. **Everyone's education journey is different** and you are on your own unique path. Consider **reaching out to a friend** for support when you need it.



<https://foundrybc.ca/stories/what-to-do-if-youre-falling-behind-in-class/>



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"It's very important in life to know when to shut up. You should not be afraid of silence." - Alex Trebek