

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

Happy Summer! Well, I know that I am technically jumping the gun. However, the weather – in typical fashion – leapfrogged over Spring and has moved directly from Winter to Summer. Furthermore, we start the Summer Edition of *Traill Tales* today. I guess that summer is also on the brain because this week our two, new summer students have also started at the College. I would like to take this opportunity to welcome **Bailey McArthur**, our *Traill College Orientation & Outreach Facilitator*, and **Sydney Unsworth**, the *Traill College Summer Programming & Events Intern*. **Ambrosia Day**, one of our College interns during the past year, will be joining us full-time for the month of May. All told, we have a very dynamic team of student and professional employees and there are a lot exciting events planned for the summer.

On Thursday, Traill College hosted student staff training for all the Colleges. I love this time of year where we get to show off Traill to all the new summer students. Sessions included an overview of the collegiate system, academic advising and academic skills workshops as well as various teambuilding activities, and a pizza lunch. The College Assistants and our very own Traill College Coordinator, **Samantha Perritt**, have been working hard to put together a full training schedule both here and on the main campus for the new summer recruits. Many thanks for all their work.

A reminder that we are now observing summer hours at Traill College and that all afterhours access for students has expired. If you would like to renew your access, please contact the College (traillaccess@trentu.ca) as soon as possible.

Finally, are you planning to work on your course work, MRP, thesis, or other writing over the summer of 2024? Join your fellow graduate students and learn how to increase productivity as you progress with your writing! The **Graduate Writing Retreat** is taking place next week from 9:00 am to 4:00 pm on Wednesday, May 8, and Thursday, May 9, and Friday, May 10. Nutritional snacks will be available throughout each day to offer fuel for writing. On the last day there will be a free pizza lunch provided by Traill College!

Until next week,

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



Needing an Appointment?

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.

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 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.*



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Backwoods Baking Presents:

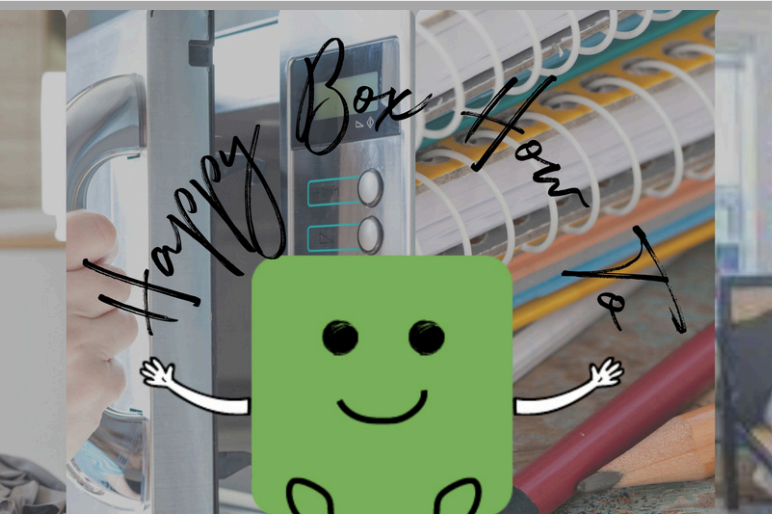
Mediterranean Feta Pasta Salad

([click here](#) for original recipe).

INGREDIENTS INSTRUCTIONS

- 300g dried pasta
- 2 tbsp extra-virgin olive oil, plus extra to drizzle
- 50g sun-dried tomatoes in oil, plus 2 tbsp of the oil
- Juice 1 lemon
- 1 tsp honey
- 1 small red onion, halved and finely sliced
- 2 medium tomatoes, cut into wedges
- 100g large, pitted olives, halved
- 10g fresh oregano, leaves picked
- 200g block feta cheese

1. Bring a large pan of salted water to the boil, then add the pasta and cook for 8 minutes or until al dente. Drain and rinse with cold water.
2. Meanwhile, put the olive oil, sun-dried tomato oil, lemon juice and honey in a large bowl and whisk together into a dressing. Season with plenty of salt and black pepper.
3. Add the onion, tomatoes and olives to the dressing along with the sun-dried tomatoes and the drained, cooled pasta. Add two thirds of the oregano and toss together until everything is combined and coated with the dressing.
4. Tip out into a large serving bowl or platter and top with the whole block of feta. Season again, drizzle over a little more oil and scatter over the remaining oregano. Serve in the centre of the table so everyone can dig in.



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

Trail Mix

Why do cows wear bells?
Because their horns don't work.



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



GRADUATE WRITING RETREAT

May 8, 9, and 10
9:00 to 4:00

Scott House
Traill College

Join other grad students and kick start your summer writing season

More Information:
Academic Skills - Trent University



Are you planning to work on your course work, MRP, thesis, or other writing over the summer of 2024? Join your fellow graduate students and learn how to increase productivity as you progress with your writing. Please click [here](#) to learn more and register in advance.



Friday Writing
Graduate Writers' Group

Starting May 17!

Every Friday
10:30am - 11:30am

- Goal setting
- Momentum & motivation building
- Tips for perfectionists
- Join Pizza Friday at Traill



Join us on Fridays starting May 17th for our Graduate student writing group! Available on Zoom or in WH226. Register here for the workshop, and while you're at it stay for Pizza Friday and register for \$5 lunches to refuel!

Macbeth



May 23 -25, 2024
MARKET HALL PAC
TICKETS.MARKETHALL.ORG

  @electriccityplayers

The Electric City Players present Shakespeare's Macbeth. Running at Market Hall from May 23rd to 25th. Tickets can be purchased through the Market Hall Website found [here](#).

Join us for Mental Health Awareness Week

WELCOMED WITHIN

MAY 7TH IN-PERSON

MAY 9TH ONLINE

A MINDFUL SELF-COMPASSION WORKSHOP OPEN TO STUDENTS, STAFF, AND FACULTY



See caption for details

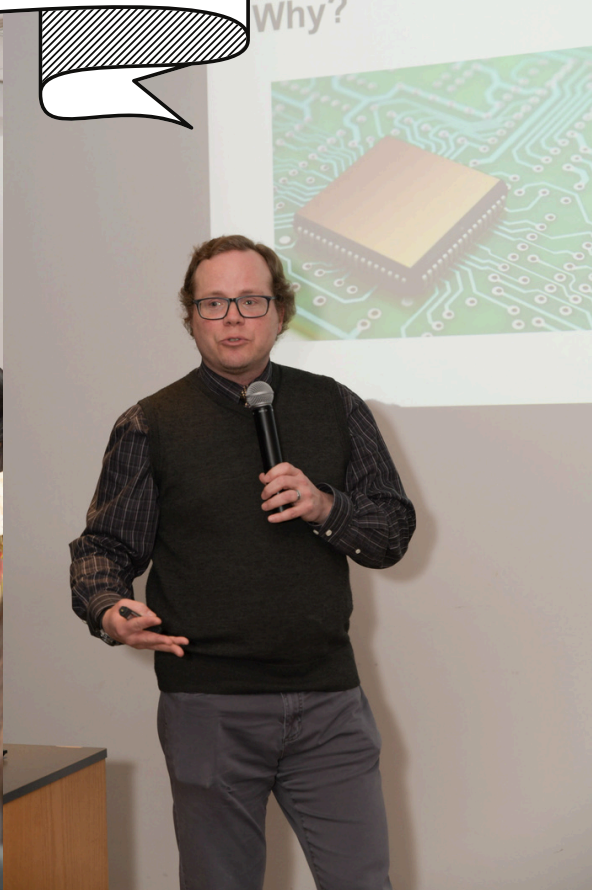
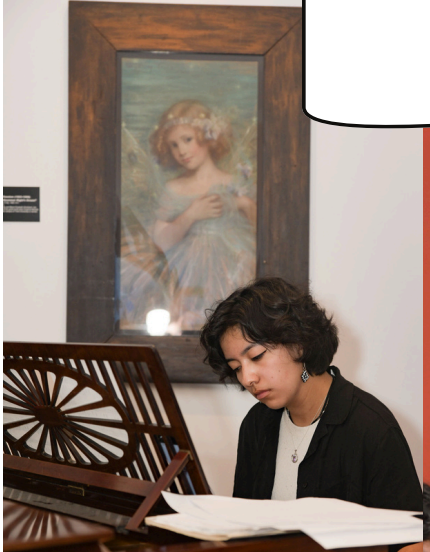


Join us for an interactive 2-hour workshop led by Stephanie, a therapist from Trent Counselling Services, to explore the foundations of self-compassion for Mental Health Awareness Week. Learn practical techniques to welcome our emotions with kindness, acceptance, and humility.

What went on at the College on the Hill?



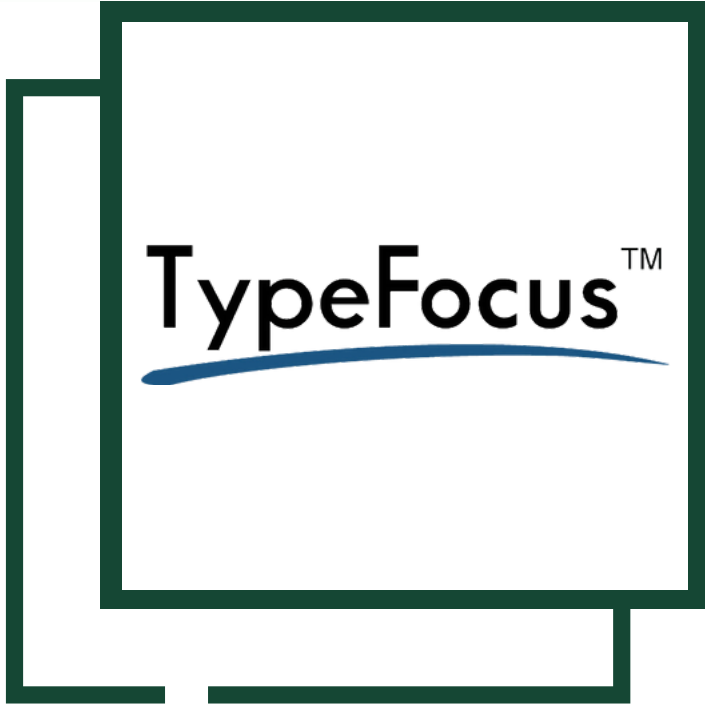
2024 Symons Gala





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 TypeFocus

Want to get to know yourself a bit better?

Typefocus is a service that provides opportunities for self assessments in interests, values, and personality that can help inform decisions about career and educational paths.

TypeFocus can be accessed through the support page of the myTrent portal and is supported by Careerspace.

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

<https://mentalhealthcommission.ca/blog-posts/59907-take-care-of-your-mental-health-during-summer-break/>

With the end of exams and the school year it is all too easy for mental health to fall by the wayside as students return home or have a break between semesters.

To combat some of those troubles it is important to develop and maintain a routine for the day to day. This does not have to be getting up early and working out if that does not work for you, it can be as simple as getting up and going to bed and roughly the same time every day. Making sure that you are eating regular nutritious meals and spending some time soaking up the sun.

Managing your mental health is important whether its exam crunch time or summer break.



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"Insecurity is such a waste of time." - Catherine O'Hara