

# TRAILL TALES

*Catharine Parr Trill College  
Trent University*



## A message from our College Principal

Dear Traillites,

Last Sunday evening we had our second, free **College Dinner** to help fight food insecurity in our community. I am happy to report that it was a great success with 90 undergraduates, graduate students, friends, and family in attendance. I have always believed that food and fellowship are the two main pillars of collegiate life and there was a great buzz as people interacted over an incredible meal. A special thank you to **Hashem & Imad** and the **Levantine Grill** as our featured caterer and partner for the evening. So much food was provided by them that -- after students ate several helpings and made take-away packages -- we were still able to donate two trays of food to the **YES, Youth Emergency Shelter**. To be able to feed Trent students and to help the larger Peterborough, at the same time, made the evening truly special and quintessentially Trill.

Talking about things that are quintessentially Trill, don't miss our annual **Trill College Seasonal Social** tomorrow, Friday 13th, in Scott House. There will be lots of free food and festive fun, including the singing around the piano in the Junior Common Room. In short, it will be a great way to mark the end of the year and celebrate our collegiate community.

A reminder that Scott House is again open with extended hours this weekend from 9 AM to 5 PM. Good luck to everyone with their exams and final assignments!

Until next week,

A handwritten signature in black ink, appearing to read 'Michael...', written in a cursive style.



# 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](mailto: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.



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



[#trail](#)



# Backwoods Baking Presents:

## Buckeye Balls

[Link Here](#)

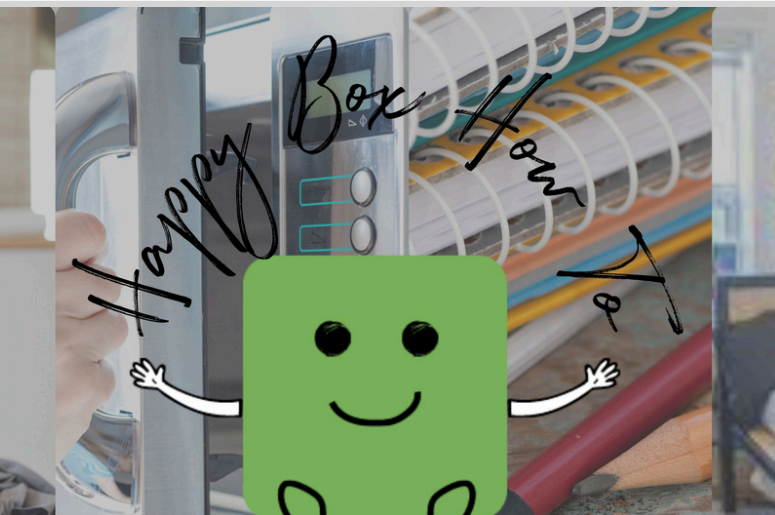
### INGREDIENTS

- 4 cups sifted confectioners' sugar
- 1 ½ cups creamy peanut butter
- ½ cup unsalted butter, softened
- 1 teaspoon vanilla extract
- 6 ounces semi-sweet chocolate chips
- 2 tablespoons shortening



### INSTRUCTIONS

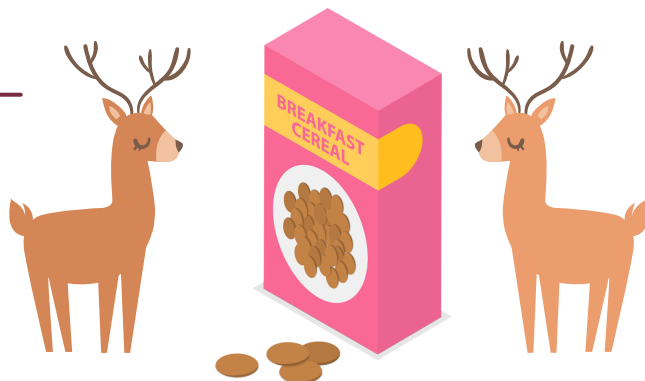
1. Gather all ingredients. Line a baking sheet with waxed paper; set aside.
2. Combine confectioners' sugar, peanut butter, butter, and vanilla in a large bowl; mix together with your hands to form a smooth stiff dough.
3. Shape into balls using 2 teaspoons of dough for each ball. Place on the prepared baking sheet and refrigerate until ready to coat with chocolate.
4. Combine chocolate chips and shortening in a metal bowl over a pot of simmering water. Stir occasionally until melted and smooth. Remove from the heat. Remove chilled peanut butter balls from the refrigerator.
5. Insert a wooden toothpick into a ball, and dip into the melted chocolate until coated. Return to the baking sheet, chocolate-side down, and remove the toothpick.
6. Repeat Step 5 to coat remaining balls. Refrigerate coated balls until set, about 30 minutes.
7. Enjoy!



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

## Trail Mix

What do reindeer eat for breakfast?  
Deerios



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

Trent Sustainability Office's  
**New Sustainable Campus Living Student Pledge**  
Get Professor Burrows a College Scarf



**Starting Tuesday  
November 12th**

- All Colleges
- Daily from 9am - 4pm

**Three Simple Steps:**

1. Visit your college office
2. Sign the pledge
3. Get a tiny scarf sticker



Come to the Traill College office from 9am-4pm to sign the New Sustainable Campus Living Student Pledge. and get a tiny Traill scarf sticker

From 2:00pm-4:00pm, December 13th, Traill College and Traill College Cabinet are hosting their annual Seasonal Social in Scott House. There will be catered sweets and treats, festive celebrations throughout the house, and live piano music to enjoy. December can be cold, but Traill College and Scott House are always a warm and fun place to come together with friends, family, peers, and professors.

**EXAM CARE PACKS**

Pick up yours from the Traill College Office starting December 5th!

Visit the Traill College Office for a Free exam care package today! Included in the package is candy, tea, hot chocolate, stress balls, play-doh and more!

**Open Now!**

**TRANSFER INTO CO-OP**

Applications are open from December 9 to January 12

Apply on the [MyTrent Portal](#):  
Academics > Admissions > Transfer into Co-op

Transfer into co-op is only available for select co-op programs and only open to full-time first year students.

Students who meet the transfer-in requirements are not guaranteed admission. This is a competitive process and space is limited.

Are you a first-year student interested in graduating with 12-months of paid work experience relevant to your academic program? Apply now to transfer-in to a co-op program! Visit the MyTrent Portal under Admissions > Academics and complete the Co-op Transfer-In Application form. Applications close January 12, 2025

# What's going on at Trent?

## GIVE THE *Gift* OF LEARNING



### REGISTER NOW FOR COURSES & WORKSHOPS

Over 30 different courses to choose from including:

- Coiled Basketry
- Historical & Modern Indigenous Life Explorations
- Creating Meaningful Photographs
- Retire With Confidence:  
Your Roadmap to Financial Freedom
- The Art of Tarot
- Middle Eastern Music
- Introductory Chinese, Arabic, Latin, Bengali, or Italian



**CLASSES START  
JANUARY 2025**

CHECK OUT THE FULL LIST ONLINE



[trentu.ca/continuingeducation](https://trentu.ca/continuingeducation)

# 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: Trent Counselling Services

Trent Counselling Services offers confidential, short-term mental health support, at no cost, to all registered students. Our dedicated therapists promote mental health and wellness with the goal of helping students participate fully in the Trent community.

A counselling office is also located at Trail College in Scott house



TRENT UNIVERSITY  
**Student Wellness Centre**

COUNSELLING | HEALTH | ACCESSIBILITY

Hello!



## PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at [ccr.trentu.ca](http://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](http://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

[For more information click here](#)

It is that time of year again, with exams and papers quickly consuming all of your time it's easy to lose track of oneself. But, here are some quick and easy tips to help you keep your sanity and stay on track to be the best you can be.

Seeking support from a close friend, a family member, a partner, or even a professional can have an immense impact on your current mental state. Take time to check in on yourself and on others. You are not alone.

Taking good care of yourself is paramount for fostering a healthy mind. Self-care is part of the solution; how one can better cope with their daily stressors. Whether its some meditation or some R&R between study sessions, learning to take time for yourself is key for success.

Take time to de-stress by engaging in a calming pastime or journaling, eating a comfort food or by expressing yourself. Finding a way to de-stress before that exam, and decompress after will do wonders for your mind and body



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"Winter is on my head, but eternal spring is in my heart." -Victor Hugo