

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal

Dear Traillites,

We realize that there are a lot of stressful, frustrating, and downright depressing events swirling around us at the present time. And, while we cannot change the larger social and political currents, it is our hope that we can still make Traill a better and more welcoming place for all. There are lots of fun activities and events for a wide variety of interests at the College this month. We hope that you will join us.

February is **Black History Month** and there are so many events happening around the University. At Traill, look for our free, graphic novels that celebrate the Black experience in Canada. Please take one, read it, and share with friends.

We are honoured to have **Don Simpson** staying at the College this week. Don has revolutionized modern leadership theory and will be joining us this evening for a discussion of ***Renaissance Leadership: Forging Effective and Meaningful Connections through Mentorship, Storytelling, Collaboration and Passion***. It promises to be an exciting evening with an incredible Canadian. Anyone who is interested in his thoughts about the direction 21st-century leadership needs to take should attend. We will also be making Don an honorary fellow of the College at this event. As always, there will be free refreshments. It all begins at 7:30 PM in Scott House 105.

Our second **FREE College Dinner** this year will be held at Scott House on Sunday, 9 February at 5:00 PM. This month's dinner will be a chili dinner provided by Chartwells. All Traill members, their families, and friends are invited to attend. As always, we will be serving up food until we run out! It is a great opportunity to connect with the College staff, meet new people, and enjoy food and fellowship in the collegiate tradition.

Finally, there are still tickets left for our special **60th Anniversary Gala Dinner** on Thursday, February 27th. Don't miss this opportunity to celebrate Traill's birthday in style with both current and past students, staff, and faculty. There will be great food, food displays, and we have an eclectic mix of student entertainers lined up. Please see the links below for tickets:

STUDENTS (\$15): <https://traillcollege.corsizio.com/event/67855a2f75e446ab0bc94d88>

ALL OTHERS (\$50): <https://traillcollege.corsizio.com/event/6785591275e446ab0bc8d0d9>

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 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>

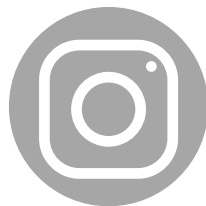
To keep up to date with the college, follow us on social media!

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](#)



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[#trail](#)



Backwoods Baking Presents:

Pizza Grilled Cheese

[View the Receipt Here](#)

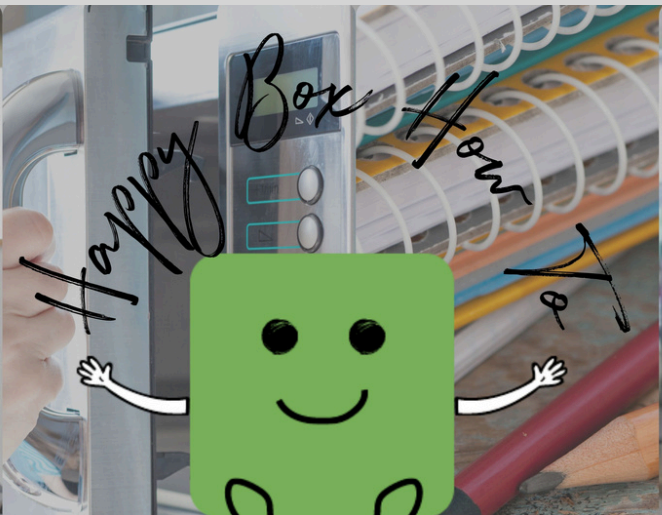
INGREDIENTS

- 4 slices thick sliced bread such as Artesano bread
- 3 ounces shredded mozzarella cheese
- 2 tablespoons pizza sauce plus extra for dipping
- 2 tablespoons shredded Parmesan cheese
- 1 tablespoon thinly sliced fresh basil leaves
- 1 pinch dried oregano
- 24 slices pepperoni thin slices, about 1" diameter
- Butter



INSTRUCTIONS

1. Preheat a non-stick pan over medium heat.
2. Butter bread and place 2 slices butter side down in the pan. Top each slice with 1 tablespoon pizza sauce.
3. Layer cheese, 6 slices pepperoni, parmesan cheese, basil, oregano, remaining pepperoni and mozzarella. Top with remaining bread, butter side out.
4. Cook 3-4 minutes per side or just until golden.
5. Remove sandwich from the non-stick pan. Place 3 slices of pepperoni directly in the pan, top with 1 tablespoon mozzarella cheese. Place sandwich on top of cheese and let cook until crisp and crusted (about 1 minute). Serve.



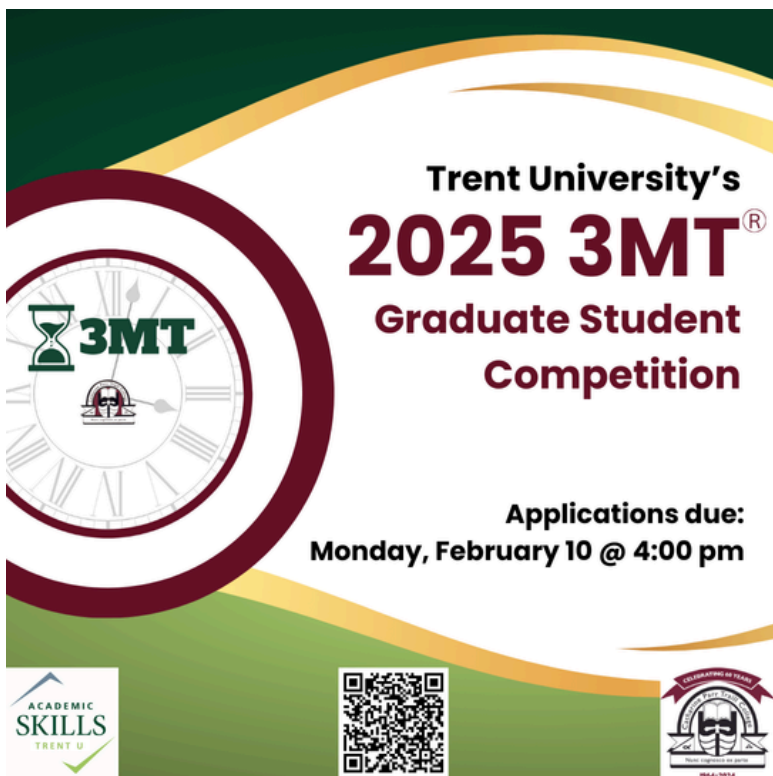
Check out our video on how to book an academic advising appointment! Click on Trail's [YouTube channel](#) to view

Trail Mix

How does a snowman get to work?
By icicle!





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



**Trent University's
2025 3MT[®]
Graduate Student
Competition**

**Applications due:
Monday, February 10 @ 4:00 pm**

ACADEMIC SKILLS
TRENT U

Grad students: Join the challenge to explain your complex research to a general audience in Trent's 3MT. Applications due: February 10. [More information.](#) [Watch information session video here.](#)




*Degree Planning
workshop*

for current students in any undergraduate major

Join Traill College's Academic Advising team to review University degree & your program major requirements to create your own degree plan

Zachary




Ashley

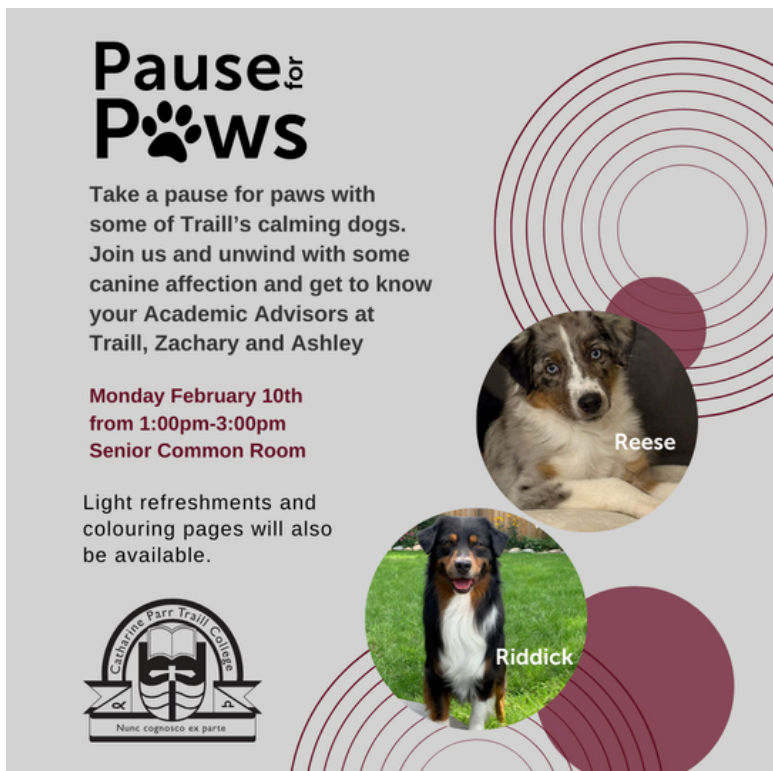


Monday March 10th
from 1pm-2pm
Scott House 105

ACADEMIC
ADVISING



On Monday March 10th, join the Traill Advisors, Zachary and Ashley in a degree planning workshop. All undergraduate students welcome!




**Pause for
Paws**

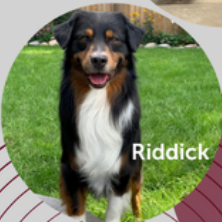
Take a pause for paws with some of Traill's calming dogs. Join us and unwind with some canine affection and get to know your Academic Advisors at Traill, Zachary and Ashley

**Monday February 10th
from 1:00pm-3:00pm
Senior Common Room**


Light refreshments and colouring pages will also be available.



Reese



Riddick



Join Ashley, Zach, Reese, and Riddick for Pause for paws, on Monday February 10th from 1:00pm to 3:00pm, for a de-stressing event with dogs, refreshments, colouring pages, and casual conversations with academic advisors.



**TRAILL COLLEGE
60TH ANNIVERSARY DINNER**



Thu, Feb 27, 2025 | 6:00 – 10:00 PM
Holiday Inn Peterborough



GET YOUR
TICKETS NOW!



STUDENTS (\$15)

**ALUMNI &
COMMUNITY (\$50)**

Get your tickets now for Traill College's 60th Anniversary Dinner. Tickets are \$15 for students and \$50 for community members and Alumni.

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

Motivation Mondays

Graduate Writers' Group
January 20 - March 31
No Meeting on February 17

When? Where?
Every Monday
10:30 to 11:30 am
Via Zoom

Motivation Mondays helps to:

- Develop writers with tips to improve writing
- Create a community of writers to celebrate achievements of writing
- Maintain momentum with writing

Register on the Student Experience Portal

The graduate student writing group helps to develop writers with tips to improve their writing as well as create a community of writers to encourage and celebrate achievements of writing. Meeting every Monday (except Monday, February 17) starting on Monday, January 20 to March 31 from 10:30 to 11:30 am. Online only. [Register here.](#)

On February 13th, 2025
Prepare Yourself...

For a Synthesis of Science and Humanities Research Unlike Any Ever Seen Before!

Working While Parenting at Trent - A Photovoice Study of Trent Working-Parent Experiences

Does Size Matter? A Preliminary Framework Depicting the Role of Context in Effect Size Interpretation and Reporting

THOMAS H.B. SYMONS SEMINAR SERIES
ON GRADUATE STUDENT RESEARCH

7:30 PM TO 9:00 PM
Scott House 105
Traill College
Come for the Free Snacks, Stay for the Research!

Angela Slater-Meadows
MA Candidate
Canadian and Indigenous Studies

Caylin Graham
MSc Candidate
Psychology

February 13th 7:30 -9PM get ready for a Synthesis of Science and Humanities Research unlike any ever seen before! Join us in Scott House 105 as MA Candidate Angela Slater-Meadows and MSc Candidate Caylin Graham for Traill College's next installment of our Symons Seminar Series!

CALLING ALL MATURE & TRANSFER STUDENTS

Join Academic Skills and Academic Advising for social study sessions.

Wednesdays 1-2:30pm
- In the Pit -
Lady Eaton College

Jan. 15 to March 12, 2025
Refreshments provided



Study Café: Calling all mature and transfer students! Hosted by Academic Advising and Academic Skills, Study Café is a weekly gathering for mature and transfer students who seek community as well as dedicated time and space for academic development.

Each week we'll meet over refreshments to discuss tested strategies for studying, test-taking, and preparing assignments. We'll also cover important info about course and degree planning and introduce helpful services across campus.

From January 15 - March 12, 2025 (excluding Reading Week), Wednesdays, 1-2:30pm in The Pit, Lady Eaton College.

ACADEMIC SKILLS
TRENT UNIVERSITY

WRITING ABOUT QUALITATIVE DATA FOR GRAD STUDENTS

11 FEBRUARY 2025
7PM - 8:30PM Online via ZOOM

Are you planning on including qualitative data in your research project? Then this is the workshop for you!

REGISTER NOW

Are you planning to include qualitative data in your research project? Then this workshop was created for you! We will discuss how to organize your analysis of qualitative data, the process of analysis, a discussion of NVivo analytic software, how to create and write about themes, the best methods to visually present your data, and how to refer to figures in your writing. We will conclude with a discussion of how to explain your findings in your thesis.

What's going on at Trent?

West Bank Homeroom

Are you looking for community and learning support?

Join us Mondays at 3pm starting January 6th!

Learn more and sign up here!



Each week, Homeroom will focus on strategies to help you thrive through your semester: managing time and finding balance, reading and lecture hacks, how to write university assignments, and study tips and tricks. Upper-year Trent students and special guests will join us each week to share tips and resources followed by free food and prizes! [More information](#)

Graduate Webinars

Thursday, February 20th



50 minute
Virtual
Webinars for
Graduate
Students



Writing Effective Literature Reviews

Using Citation Management Software

Writing your Research Proposal



Graduate Writing Webinars

On Thursday, February 20th (during winter reading week) Academic Skills and Trent Library will present virtual webinars for graduate students. You register for the Zoom link and then pick the webinar that you wish to attend, like an all-you-can-eat buffet. Choose to attend one or several. The webinars will be on Zoom. Register to obtain the Zoom link.



Discover your next favourite Black Canadian writer in the Trent Library's [2024 Black History Month reading list](#). All items on the reading list are available to borrow through the Library. And there is more than just books! Find art, music, film, performances, academic works and community resources. Take a look!



Join the KWIC Saturday March 8th in downtown Peterborough for an International Women's Day march at 11:30am-12:30pm, and a Community event at the Peterborough public library from 12:30pm-4:30pm

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: Student Accessibility

Services

Student Accessibility Services (SAS) is a team of interdisciplinary professionals who provide support to students with disabilities through one-on-one advising, referrals to campus supports, and adaptive technology. SAS supports include:

- Developing individualized accommodation plans for registered students;
- Working with students to develop approaches and strategies that use students' strengths to help them engage with their coursework;
 - Offering support through an Adaptive Technologist, using a hands-on approach which allows students to learn how their technology works and how it can be used in their studies;
 - Directing and connecting students to appropriate campus resources. For more information on Student Accessibility Services click [here](#)



TRENT UNIVERSITY
Student Wellness Centre
COUNSELLING | HEALTH | ACCESSIBILITY

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

[Click Here for More Info](#)

1. Walk outside every day

Being outside in nature and the fresh air is scientifically proven to lift your mood. Add in some exercise from walking and you have a lot of happiness-boosting chemicals flowing through your body.

2. Light therapy for a great mood-boost in winter

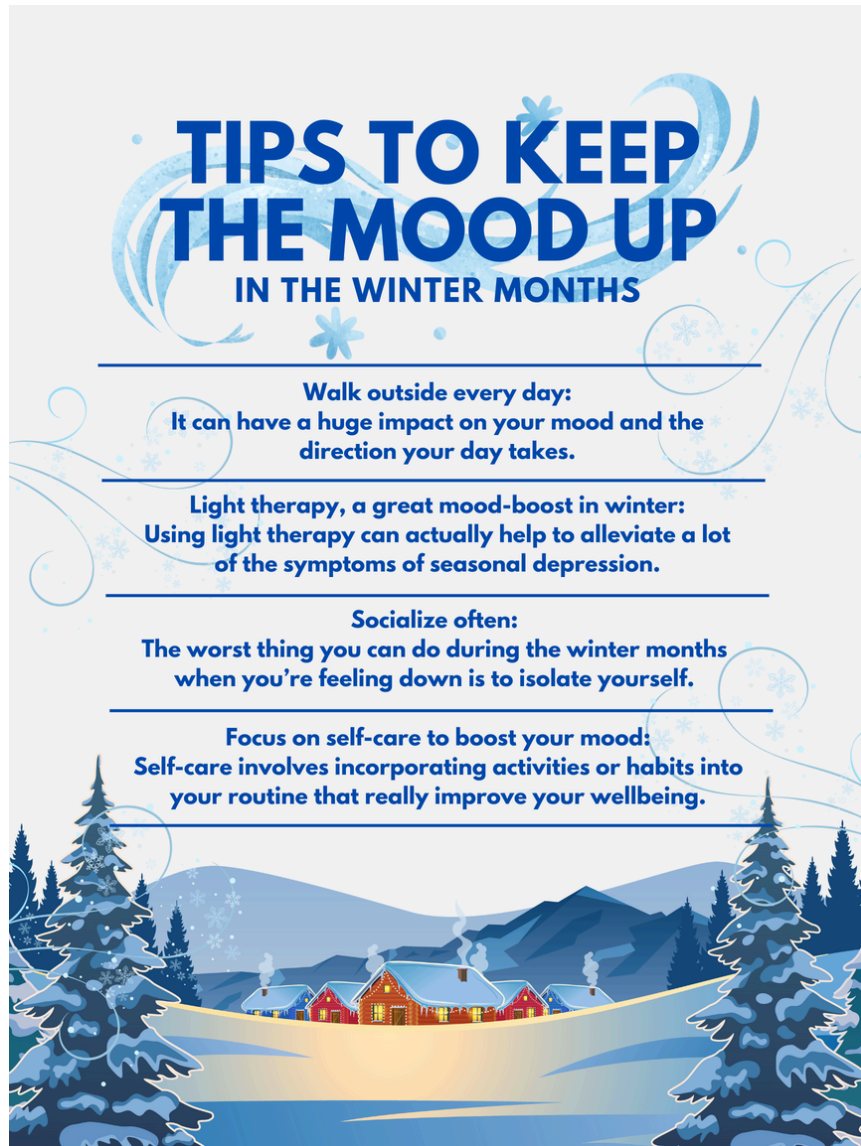
If you tend to feel low in the winter because of the lack of sunshine, it is recommended on getting a light therapy lamp to boost your mood during the winter months.

3. Socialize often

To really boost your mood in the winter, try and keep your social calendar as full as possible.

4. Focus on self-care to boost your mood

Yoga has actually been clinically proven as an effective treatment for depression and anxiety.



1964-2024

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"The most common way people give up their power is by thinking they don't have any." – Alice Walker