



FALL EDITION II - SEPTEMBER 12TH, 2024

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

The second week of term has flown by almost as quickly as the first. The regular routine of students coming in and leaving classes has started. Many students are staying at Traill to sit in the Amphitheatre, or on the picnic tables around Scott House and Kerr House. Regular operations have resumed at **The Trend** restaurant operated by Chartwells. Drop by for a snack or a coffee. If you have more time, grab a more substantial meal that can be eaten on the new patio, adjacent to the Amphitheatre. This term The Trend's kitchen will be open Monday to Thursday, 8 AM to 8 PM and from 8 AM to 3 PM on Fridays.

For our new graduate students, don't miss our **Graduate Student Social** under the big tent on the Kerr House lawn. Join faculty, college staff, and members of our academic skills team and find out more about life at Trent in a casual fashion. There will be live music and free food. It all starts at 7:30 PM on Thursday, 12 September.

For our readers who are fans of **Trent University Continuing Education**, you may know **Pam Forgrave** who helped facilitate classes and workshops over the past year. She has now left to continue her studies elsewhere. Please join me in wishing a big thank you to Pam for all that she did for Continuing Education and Traill College! Our winter schedule of courses will be up in November; however, if you want to try something new this Fall, think **bird watching**! Yes. We have three unique workshops for students interested in watching the Fall bird migration. For more information go to: <https://trentucontinuinged.corsizio.com/>

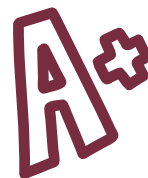
Finally, Traill College offers limited **afterhours access** to off-campus members of the college each year from October 1st to April 30th. This includes access to the Graduate Reading Room, Computer Lab/Outer Library, and Junior Common Room in Scott House. To apply, please send your name, student number, and student card number (the number starting with a + or an * on the back of your card) to traillaccess@trentu.ca. Please note that you must be a Traill College member in good standing and all applications must be received before September 23rd.

Until next week,



Needing an Appointment?

Looking to book an academic appointment?



Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

[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.

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:

Cheddar Cheese Scones

INGREDIENTS

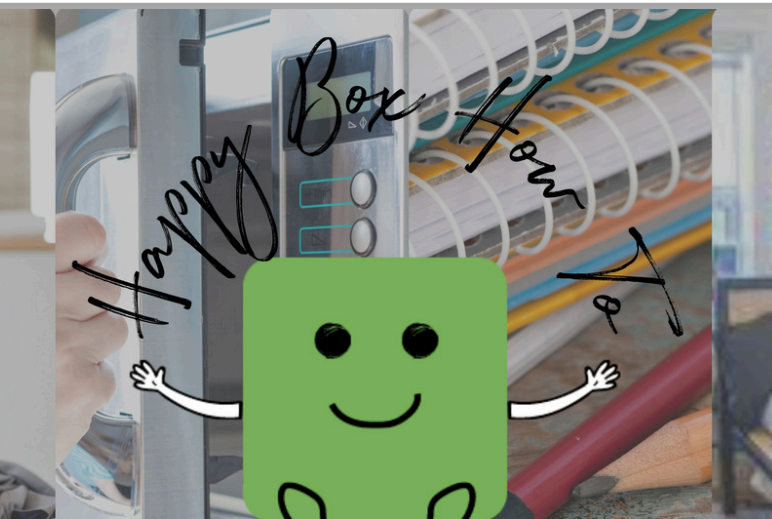
- 2 ½ cups all-purpose flour
 - 4 teaspoons baking powder
 - 1 tablespoon granulated sugar
 - ¼ teaspoon salt
 - ⅛ teaspoon cayenne pepper
 - ⅓ cup cold butter cut into pieces
 - 1 ¼ cup old cheddar cheese
 - 2 eggs beaten
 - ¾ cup heavy cream
 - milk
- Garlic Chive Butter
 - 2 tablespoons melted salted butter
 - 1 tablespoon chopped fresh chives
 - ¼ teaspoon garlic powder

[Link Here](#)



INSTRUCTIONS

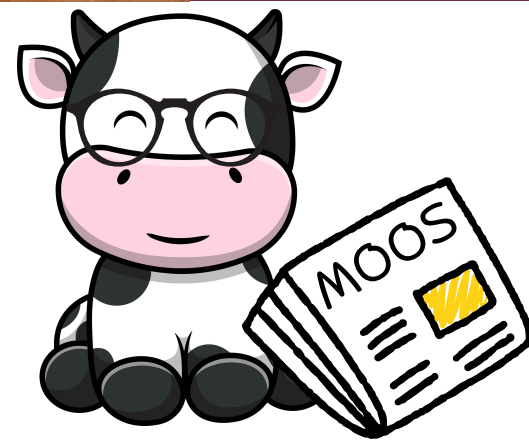
1. Preheat oven to 400°F.
2. Combine dry ingredients in a bowl and using a pastry cutter, cut in butter until mixture resembles coarse crumbs. Add cheese and stir to combine.
3. Combine eggs and heavy cream. Add the egg mixture to the flour mixture and stir just until it forms a dough.
4. On a lightly floured surface, knead dough by folding and gently pressing dough for 10 to 12 strokes until nearly smooth. Pat dough into an 8-inch circle and cut into 8 wedges.
5. Place wedges 1-inch apart on an ungreased baking sheet. Brush with milk.
6. Bake for 18-22 minutes or until golden. Remove scones from the baking sheet. Let cool slightly.
7. Combine chive butter ingredients. Brush over warm scones and serve.



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

Trail Mix

How do cows stay up to date?
They read the Moo-spaper.



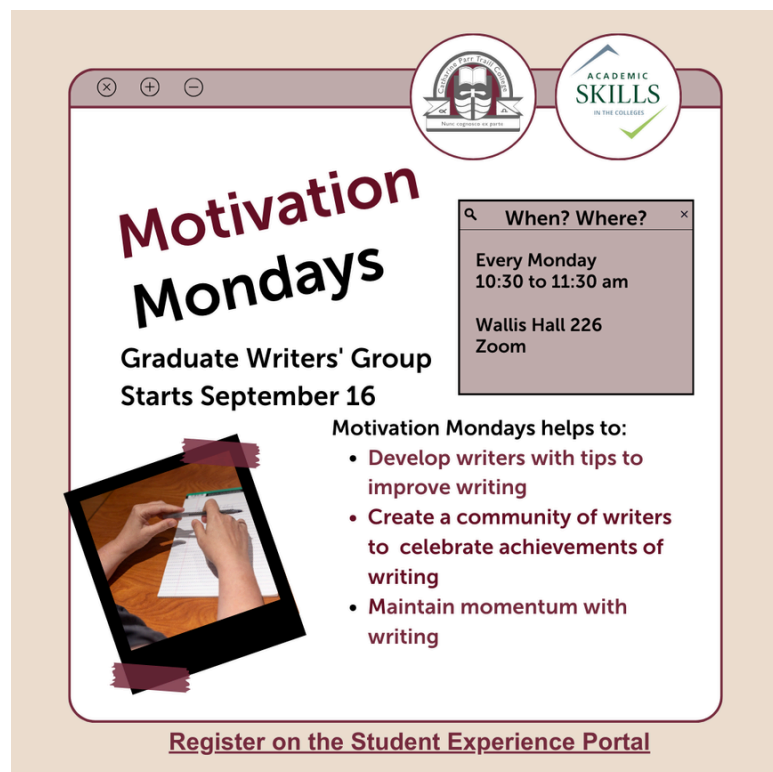
What's going on at the College on the Hill?



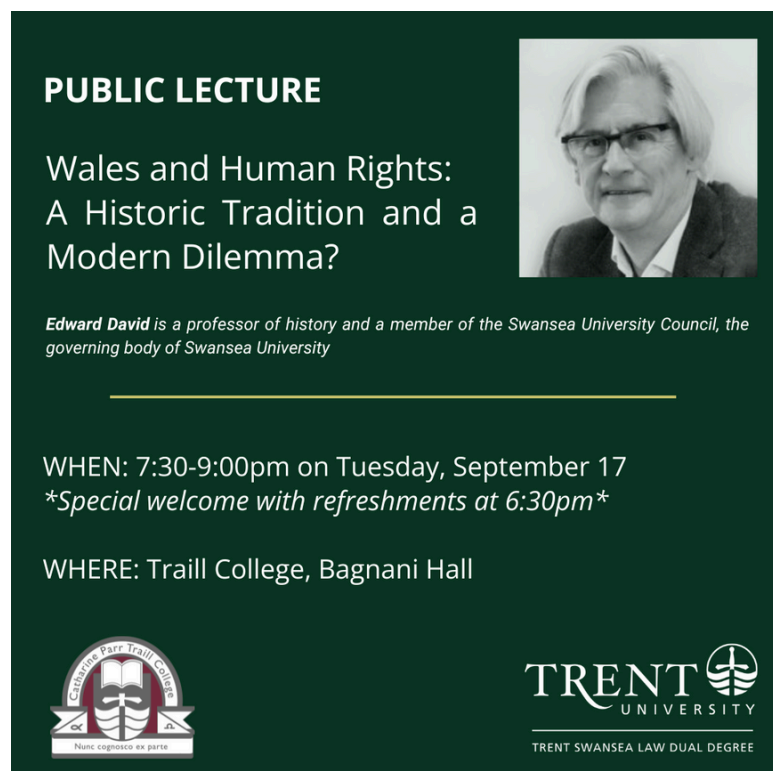
Join us for Traill College's Graduate Student Social in collaboration with Academic Skills. Get to know your fellow Graduate Students, Trent faculty, and staff in a calm environment. Thursday, September 12th, 2024, from 7:30 - 9:00 PM at Traill College. Light refreshments will be provided.



Join us on Tuesday, September 17th for the first outdoor movie night of the year at Traill College! In this sitting, we will be watching 'How to Train Your Dragon! Come out for a fun night and free snacks! Dress for the weather and feel free to bring a warm blanket.



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. Graduate students will be encouraged to set realistic writing goals on a weekly basis to monitor their progress and to maintain momentum with their writing. [More Information here.](#)



September 17th, come and listen to Professor Edward David give his lecture on the history of Wales and Human Rights here at Traill College. It is a wonderful pleasure to have him with us, so join us for an evening of refreshments and a wonderful lecture.

What's going on at Trent?

TEXT & TALK

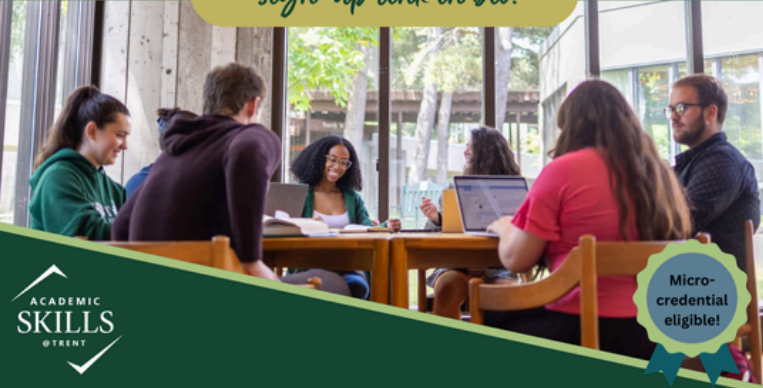


TUESDAYS 2PM - 4PM
SEP 17 & 24 | OCT 1 & 8



CHAMPLAIN COLLEGE
MORTON READING ROOM

sign-up link in bio!



ACADEMIC
SKILLS
@TRENT

Micro-
credential
eligible!

Texts and Talk is a 4-week comprehensive workshop series designed to help students develop their university-level reading, critical thinking, and speaking skills with the goal of applying these skills in their academic courses and future careers. Students will practice diverse reading techniques on a variety of texts, then logically and purposefully organize ideas from the texts into speaking points, and present those ideas in a small group setting.

TRENT
UNIVERSITY
CONTINUING EDUCATION



IN-PERSON
WORKSHOP



BIRDWATCHING COURSES

COMING FALL OF 2024

trentu.ca/continuingeducation

Click [here](#) to register now for any of our amazing Birdwatching course run through Continuing Education.

Trent Services and Resources Fair

Monday, September 23 11am to 2pm

Bata Podium

(rain location: Student Centre Atrium)

Meet staff and learn about services:

- Health Services, Counselling & Accessibility Services
- Student Housing
- Equity & Human Rights
- Campus Safety
- Consent at Trent
- Office of Student Affairs
- Athletics

- The Colleges, Academic Advising & Academic Skills
- Financial Aid & Office of the Registrar
- CAREERSpace
- Information Technology
- Sustainability Office



Learn about the services and resources offered to students here at Trent at the Trent Services and Resources Fair on Monday, September 23 from 11am to 2pm on Bata Podium.

West Bank Homeroom



Are you a first-year student looking for community and learning support?

Join us Mondays at 5pm starting September 9th!

Learn more and sign up here!



Designed to enhance university readiness and belonging for first-year students, the East and West Bank Homerooms are facilitated by Academic Skills instructors and experienced Trent students on Monday nights from 5-7pm starting September 9th. Students can expect learning strategies, special campus guests, mindfulness activities, food and draw prizes!

What's going on at Trent?

GRADUATE STUDENTS CALL FOR ABSTRACTS



**\$50 STIPEND FOR
A 20 MINUTE
PRESENTATION!**



ABSTRACTS ARE DUE SEPTEMBER 30, 2024

SUBMISSION GUIDELINES

1. Explain your research in an interesting way to someone not in your field (max 250 words).
2. Create a submission document that includes your abstract, a title, your name, and your academic level (M.A., M.Sc., or Ph.D.).
3. Email your submission to the facilitators! twells@trentu.ca and/or jordanetherin@trentu.ca with "Symons Series Abstract" in the subject.

GRADUATE STUDENTS

Volunteer to join the anonymous panel of judges for the
**SYMONS SEMINAR SERIES ON
GRADUATE STUDENT RESEARCH!**

Learn about
research across
disciplines &
network with
fellow graduate
students!



Enjoy free
refreshments &
help determine
the Symons
Seminar Series
Top Speaker.



CALL FOR JUDGES CLOSES ON SEPTEMBER 30, 2024
email twells@trentu.ca and/or jordanetherin@trentu.ca with the
subject "Symons Series Judge" to volunteer.

Calling all graduate students 🙌!! The Symons Seminar Series on Graduate Research is now accepting abstract submissions and volunteer judges!

Each month, two graduate student speakers present their research to a public audience in 20 minutes or less, competing to be named the Symons Seminar Series Top Speaker. The Seminar Series is a wonderful opportunity to learn about research from across disciplines, practice your skills, and enjoy free refreshments while you network with fellow graduate students.

Abstracts can be submitted for a work in progress, a portion of a project, or even a completed project or thesis, and each presenter will receive \$50! Judges can be at any stage in their graduate studies and will help to determine the Symons Seminar Series Top Speaker.

Both the call for abstracts and the call for judges close on September 30, 2024. To volunteer or submit an abstract, or if you have questions about the Seminar Series, email twells@trentu.ca and/or jordanetherin@trentu.ca.

Are you ready to make an IMPACT?

IMPACT LEADERSHIP PROGRAM

Applications due by Monday, September 23

APPLY ONLINE: TRENTU.CA/IMPACT

Are you interested in leadership, personal development, social change and community building? The IMPACT Leadership Program might be the right fit for you!

IMPACT is an innovating and exciting leadership program for students who wish to engage in self-exploration, work collaboratively with others, and develop a sense of citizenship through community engagement. Students in this six-month program attend leadership development workshops and retreats and complete a 20-hour community placement with a local non-profit organization.

Want to make a difference in your community? Apply for IMPACT before Monday, September 23rd.



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: **Same-Day Academic Advising Resources**

During the first three weeks of September (Sept 3 to Sept 20, excluding weekends) the Academic Advisors in all Colleges will be available for Same Day advising appointments. During this time, there will be no appointments available to book online through the Student Experience Portal, so we encourage students to connect with their College Office for a Same Day Appointment.

Please contact your College Office to schedule a time to speak with an Academic Advisor. Booking for same day appointments opens at 8:50am EST each morning; we welcome students to call or visit a college office in-person.

Callers should leave a voicemail, which will put them in a queue for a return calls. The college office voicemail will be updated each day once the day's appointments in that college are fully booked.

For resources and more visit:
<https://www.trentu.ca/advising>

ACADEMIC ADVISING



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

[For more information click here](#)

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. However, at Trent there are many different resources to help with your mental health.

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
- Get involved in your new community
- Seek counselling and other mental health services

- Leave your dorm
- Share your feelings with those around you
- Don't use social media to make friends
- Adjust expectations

Loneliness



Depression



Leaving home for the first time is a very emotional time for everyone. Yet your sadness can make you feel more isolated and alone than ever. If you or those around you are showing signs of depression consider utilizing the services provided by Trent's Student Wellness Centre.



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"The most difficult thing is the decision to act; the rest is merely tenacity." —Amelia Earhart