



FALL EDITION IV - SEPTEMBER 26TH, 2024

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

Happy Fall! It is hard to believe with all the warm weather we have been having, but we have officially passed the Autumnal Equinox. Trees are starting to change at the College on the Hill and soon Traill will be alive with the vibrant colours of the season. If you haven't been to the College lately, this is a great time to relax on the Scott House front lawn, or in the amphitheatre, or to grab a bite at The Trend. The Trend is trialing new hours on Fridays, staying open now until 8pm until Reading Week.

I would like to take this opportunity to welcome **Amy Smith**, our new *Continuing Education and Traill College Scheduling Assistant*. If you are interested in booking any spaces at the College, feel free to request a room through the app found on your MyTrent portal and Amy will be available to answer any questions that you may have.

Attention ALL NEW students! Trent is one of the few universities in North America that use your matriculation date (the year you started) to identify you as alumni. That means that all new students are considered the Class of 2024. If you started this year, then you will not want to miss our annual **Traill College Scarf Ceremony**. Starting at 11 AM sharp on Saturday, October 5th new students will be officially welcomed to the College, receive their College scarf, and then process across the College for a group photo. It is all followed by a reception with special Traill cupcakes. It is a great opportunity to share with your friends and opportunity to meet new ones.

Later that afternoon, we will also be hosting a special, FREE **60th Anniversary Boat Tour of Little Lake and the Lift Locks**. If you haven't seen Peterborough by boat, don't miss this special cruise. Every Traill student is welcome, but YOU MUST REGISTER NOW. There are only 90 spots available, and they will be allotted on a first come, first serve basis. If you know that you can come, register here: [Traill 60th Anniversary Boat Cruise](#) Please **do not** register if you can't attend; spots are limited.

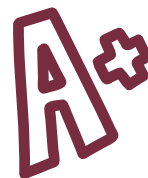
This event will be held on Little Lake in downtown Peterborough. You need to be at the docks at Del Crary Park, no later than 2:30 PM on Saturday, October 5th. The boat is on a tight schedule and late arrivals will, unfortunately, be left on the dock. Show up early, enjoy refreshments with fellow Traillites, and take in the changing colours from the lake.

Ship ahoy, Traillites!



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

**Nominations
Are Open!**



Closes Oct 7th @ 12PM

<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:

Grilled Cheese Dippers

[Link Here](#)

INGREDIENTS



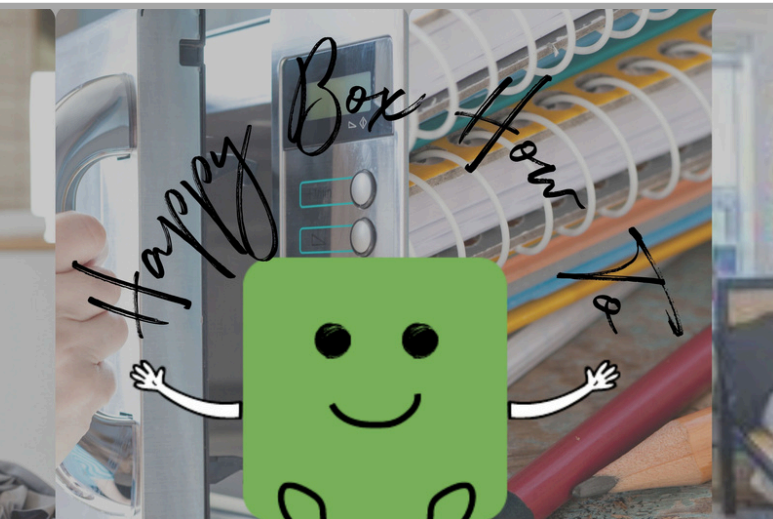
- 1tablespoon butter
- 1/8teaspoon garlic powder
- 1/3cup Progresso™ original panko crispy bread crumbs (from 8-oz box)
- 1 can (8 oz) refrigerated Pillsbury Original Crescent Dough Sheet
- 3slices (0.8 oz each) deli sliced American cheese, cut in half
- 3Cheddar cheese sticks (0.75 oz each), unwrapped and cut in half crosswise
- Your favorite tomato soup, if desired



INSTRUCTIONS



1. Heat oven to 375°F. Line large cookie sheet with cooking parchment paper. In small microwavable bowl, microwave butter and garlic powder uncovered on High 20 to 30 seconds or until butter is melted. Stir in bread crumbs; transfer to pie plate or shallow dish.
2. Unroll dough sheet on work surface; reshape into 12x8-inch rectangle. With pizza cutter or sharp knife, cut dough sheet into 6 squares, 4x4 inches each.
3. Place 1 cheese slice half and 1 cheese stick half onto 1 end of each square near center. For each roll-up, roll side with cheese, rolling to opposite side, and pinching seam to secure. Continue for remaining roll-ups.
4. Roll dough sticks into bread crumbs; place seam side down on cookie sheet. With sharp knife, pierce top of each dough stick 3 times. Bake 15 to 19 minutes or until dough is golden brown and baked through. Serve warm with tomato soup.




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

Trail Mix

How do bees get to school?
By school buzz!



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





Motivation Mondays

Graduate Writers' Group
Starts September 16

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](#)



When? Where?
Every Monday 10:30 to 11:30 am
Wallis Hall 226 Zoom

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.](#)

OUTDOOR MOVIE NIGHT

Jalynn Bennett Amphitheatre | Traill College

October 1st
7 - 9 PM

Snacks Provided!

POPCORN

Weather Permitting



Join us on Tuesday, September 24th for another outdoor movie night at Traill College!
In this sitting, we will be watching 'Barbie'!
Come out for a fun night and free snacks!
Dress for the weather and feel free to bring a warm blanket.

Traill Annex!

Meet the Traill Academic Skills and Advising Team!



Sue Beckwith
Academic Skills



Ashley Maschke
Academic Advising



Traill Annex Atrium!

October 2nd
11:00 am - 12:00 pm

Drop in for a casual chat

- Study strategies
- Common distractions
- Academic deadlines
- Project management
- Campus resources

SNACKS INCLUDED!

Come meet members of the Traill College Academic Skills and Academic Advising Team in the Traill Annex Atrium on Wednesday, October 2nd. Drop in to chat and learn about the services they have to offer.

TRAILL COLLEGE

60TH ANNIVERSARY GUEST LECTURE SERIES



03 OCTOBER 2024
7:30 PM

BAGNANI HALL
TRAILL COLLEGE

Refreshments provided



DR. MARION FRY

Traill College Principal
1964-1968



Come enjoy a lecture from Dr. Marion Fry the first principal of Traill college. Dr. Fry played an important role in the shaping of Trent university and Traill college. Listen about her time at Trent and the History of the college.

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

Attention New Traill Students!



Scarf Ceremony

October 5th, 11am

Catharine Parr Traill College invites all new Traillites to be officially welcomed or 'scarved' into the Traill community and get their maroon and grey stripes!



All Traillites who have not yet been scarved are invited to join us at the Traill campus on October 5th to receive their scarf in the Traill scarving ceremony. Dress for the weather and remember you'll get a scarf to keep you warm!

Lift Lock Cruise

Trent Severn Waterway

OCTOBER 5 @ 2:30pm - 5pm

92 George Street North, Peterborough, ON



Please register to secure your spot. Space is limited!



Come join us for our 60th anniversary boat cruise! Be on the dock by 2:30 the boat won't wait for any late comers. Seats are limited so register [here](#)

Nominations Are Open!



Closes Oct 7th @ 12PM

The Traill College Cabinet Fall Election Season has begun!! If you want to help make a difference here at Traill you definitely should check out our website here, where you can find the nomination package. Remember to email your nomination package as a word doc to traill@trentu.ca and your picture (optional) before 12pm on Oct 7th.



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.

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.

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!

THE COLLEGES OF TRENT UNIVERSITY PRESENT

Subhankar Banerjee

Monday, October 7 @ 7:30 PM

Location: ENW 114

Beyond Extinction:
Art & Visual Culture for
Biodiversity & Justice



The Ashley Fellowship, featuring Subhankar Banerjee presents "Beyond Extinction: Art & Visual Culture for Biodiversity & Justice". Register for the public lecture [here](#)



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 Accesability 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 Accesability Services click [here](#)



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](#)

Here are some Tips and Tricks for Using a Planner Effectively! Many of us have fallen into buying them and finding them difficult to stay on top of! Using a planner can...

- Reduce stress by showing you what needs to be done and when, ideal for optimizing your time.
- Exercise your time management skills through organization.
- Stimulate productivity by keeping you on track with tasks.
- Help you to practice self-care by prioritizing it in your schedule.
- Encourage punctuality in your day-to-day to-dos.

In addition to having a weekly schedule, it is essential to create a long-term plan that will help you get a better grasp of when the university crunch comes barreling down your hallway. A 4-Month Planner can be an excellent tool to use; it allows you to see all the months of a term without turning a page or changing screens.



Copyright © 2024 Catharine Parr Traill College, Trent University

"Real change, enduring change, happens one step at a time." — Ruth Bader Ginsburg