



TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Happy New Year! Welcome back Traillites.

It has been an extremely busy week at the College and lots of new students have been arriving to check out our resources and spaces. If you are a new student and still haven't yet visited your College, feel free to drop by. I would love to meet you and present you with your free Traill scarf.

For our undergraduate students, we have been hosting **Same Day Academic Advising** appointments that will continue next week. Bookings for same day appointments open every morning at 9:00 AM on a first come, first served basis. Book your appointment by [calling the College Office at 705-748-1011 ex. 7020](https://www.trentu.ca/college-office).

For our graduate students, don't forget about our **3MT (Three Minute Thesis)** information session next Monday in Bagnani Hall at 2:00 PM. Find out more about this great event where you can hone your skills as a public communicator of your research. Join **Dr. Sue Beckwith** and me as we take you through the competition process, the rules, the timelines, and the prizes!

Feeling hungry? Don't forget that **The Trend** with **Chef Christopher** is open and serving up great food. Monday through Thursday, the kitchen is open from 8:00 AM to 8:00 PM. Fridays, 8:00 AM to 3:00 PM. Come in for Breakfast, Lunch, or Dinner, or just a snack between classes.

Preparations are already underway for **Trent University Continuing Education** classes, all run through Traill College this March. These non-credit offerings include classes on writing, painting, languages, music, and even beekeeping! Special rates exist for Trent students, staff, and alumni. If you want to find out more, check out our website: www.trentu.ca/continuingeducation

Finally, on Wednesday, 25 January we will welcome Trent alumna and Canadian Ambassador to Iceland **Jeannette Menzies** at Traill College. She will be giving the talk **From Trent to Reykjavik - the Path of Canada's current Ambassador to Iceland** as part of Canadian Studies' North at Trent lecture series and their ongoing 50th anniversary celebrations. The talk will begin in Bagnani Hall at 7:00 pm, or can be attended virtually (preregistration is required at https://trentu.zoom.us/webinar/register/WN_hYdBbXfZTMmDTwdG0HeOOg).

Until next week,

Michael



Needing an Appointment?

**Academic Advising
Same-Day Appointments**
Every Day from January 9-20
9am - 4pm
Booked by the College Office



**Academic Skills
Appointments**
Monday-Friday
afternoons; appointments
available to book at 9am.

Cabinet Corner

Check here to keep
up to date with
Cabinet Events



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



Looking to book an academic appointment?



Visit the [advising website](#) for the full schedule. Trail College offers same-day appointments Fridays from 9:00am - 4:00pm. To book, call the Academic Advising Line at 705-748-1011 ex. 7333. Same-Day Appointments start at 9am and appointments are first-come, first-served.

Academic Skills appointments are available for booking by logging on to the [Student Experience Portal](#) and selecting an available date and time.

If you are a **Graduate Student** and require Academic Advising support, please reach out to graduate@trentu.ca or your home department.



Swag Shop



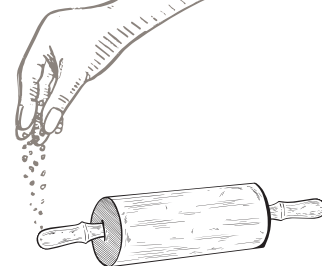
Click [here](#) to view our online swag shop and order by contacting 705-748-1011 ext. 7020 or traill@trentu.ca!





Backwoods Baking Presents:

Cream of Mushroom Soup
By Taste of Homes



INSTRUCTIONS

1. In a large saucepan, heat butter over medium-high heat; saute mushrooms and onion until tender.
2. Mix flour, salt, pepper and 1 can broth until smooth; then add to the mushroom mixture. Stir in the remaining can of broth. Bring to a boil; cook and stir until thickened, about 2 minutes. Reduce heat; stir in cream. Simmer, uncovered, until the flavors have blended for about 15 minutes while stirring occasionally.



INGREDIENTS

- 2 tablespoons butter
- 1/2 pound sliced fresh mushrooms
- 1/4 cup chopped onion
- 6 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 cans (14-1/2 ounces each) chicken broth (you can use a different type of broth for your dietary needs)
- 1 cup half-and-half cream

Click [here](#) to check out **Trill College's Happy Box How To's!**

Learn some healthy (and not so healthy) recipes, skills for academic work, laundry, moving tricks, College podcasts and more.

Videos posted every other Wednesday, starting May 25, 2022

Learn essential life skills from upper-year Trent students. Learn everything from doing laundry to budgeting

Trail Mix

I decided to try a new hobby and learn origami...

But I gave up because it was too much paperwork!



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

Save the Date



January 16th at 2pm
Bagnani Hall, Traill
College

Come to an information session about the 3MT® competition on Monday, January 16 at 2:00 pm: in-person at Traill College and online with Dr. Michael Eamon and Dr. Sue Beckwith. To attend online you must register in the events calendar in the [Trent Student Experience Portal](#)



January 19th is International Popcorn Day! Join us at 7:00pm in Scott House Room 105 for a movie and popcorn.

MOTIVATION MONDAYS: GRADUATE WRITERS' GROUP

EVERY MONDAY
FROM 10:30 TO 11:30 AM

IN-PERSON AND ONLINE OPTIONS
AVAILABLE

Motivation Mondays:

- Develop writers with tips to improve their writing
- Create a community of writers
- Encourage and celebrate achievements of writing

January 23 - April 3

For more information:
[Academic Skills website](#)



Develop your skills and create a community of writers to encourage and celebrate achievements of writing. For more information on graduate student appointments, workshops, and the Monday Motivation group, students can visit the [Academic Skills website](#).

Grammar for Graduate Students

Thursday, January 26, 2:00 to 3:30 pm
In-person: Room 105, Scott House
Traill College
Online via Zoom: Registration is required

What is a comma splice anyway?
What is parallel structure?
What does this feedback mean?

For more information, visit the Academic Skills website

Are you a graduate student looking to improve your grammar? Join academic skills on January 26th from 2-3:30 for a grammar workshop. [Sign up to join online](#) or come in person at Scott House room 105.

What's going on at Trent University?

THREE MINUTE PAPER COMPETITION

Applications
due January
26th



Share your
undergraduate
research in a fun
and challenging
competition.



Looking to share research and sharpen important skills?
Look no further than the Three Minute Paper competition!
Learn more at trentu.ca/3mp

FUNdamental FRIDAYS Writing Skills Drop-in

Join Lori Steers, Academic Skills/ESL Instructor to review fundamental writing skills and work on your assignments.

**Fridays 1 - 3 pm
Morton Reading Room (CCS 303)**

Review fundamental writing skills and work on your assignments with Lori Steers, Academic Skills/ESL Instructor. To find the schedule and sign up, visit the [Programs and Events](#) section on the Academic Skills website.

Degree Planning workshops

What to expect:
Review the University Degree requirements & your Program Requirements to create your degree plan with an Academic Advisor.

When: January and early February

Where do I find more info?
Current Trent students can register for a workshop on the Student Experience Portal Events Calendar <http://trentu.ca/sep>

ACADEMIC ADVISING

Starting January 11th until February 9th, Academic Advising will be running program specific workshops to meet with an advisor to check your degree requirements. You can find the date for your program's workshop [here](#).

TRENT UNIVERSITY CONTINUING EDUCATION

Expand your mind

REGISTRATION OPEN SPRING 2023 CLASSES

trentu.ca/continuingeducation

Registration is now open for the Continuing Education spring classes. Check out the unique courses and learning opportunities available to you and the local community. <https://trentucontinuinged.corsizio.com/>



Student Supports

We want you to know you are supported on-campus and in the Peterborough community. Every week we will rotate through groups who can support your unique self.



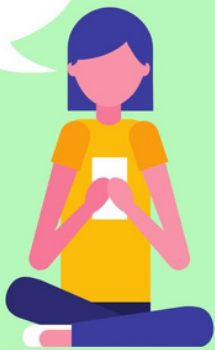
This week we are highlighting ... ourselves! Your College can be a valuable resource while at Trent.

Student staff can be found in the college office to help answer your questions and direct you to the right resources.

Trill College puts on events year-round and they are a great way to meet other students in any program.

Learn more about the supports offered by the College [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

Looking for another student's perspective? Book a peer support appointment

Monday to Thursday 12pm-4pm through the **Student Experience Portal!**

Here to listen and support. Let's connect.



CAREERSPACE

CAREERS & EXPERIENCES

Careerspace continues to offer our services! Book an appointment on trentu.ca/sep or by phone and our student staff can assist. Appointments continue through the built-in video chat feature in the Student Experience Portal, or by [phone](#). Still have questions? You are welcome to visit our office on the third floor of the Student Centre where you can speak with our student staff. We're happy to help!



Wellness Resources

Welcome back
Traillites!
We hope you had a
relaxing and
rejuvenating break.

Best of luck with the
winter semester!

Did you know?

Making art can boost your
mood and improve memory.

The start of a semester can be
stressful so please remember
to take a step back and have
some fun!



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"Setting out on an adventure is thrilling, but coming home is even better."
— Where the Wild Things Are by Maurice Sendak