

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

As I am writing this, it is raining making it difficult to believe that the temperatures were about -30C with the windchill last week. In the last newsletter, I noted that the groundhogs had a split decision across North America, but generally it looked like we were in for another six weeks of winter. What I didn't know at the time, was that Fred La Marmotte -- the province of Quebec's contribution to this annual furry flurry of weather prognostication -- was found dead just hours before the big day. Here's to the memory of Fred and hoping that our current weather mess is not somehow related to his untimely passing.

On a more positive note, I am happy to announce that we are starting to hire for summer student positions in the College. This year will need a **Continuing Education and Programming Intern**, an **Orientation and Outreach Facilitator**, and a **Summer Programming and Events Intern**. More details on these exciting positions are available through My Trent and the Student Experience Portal. The deadline for applications is February 28th at 12:00 PM.

A reminder that **Trent University Continuing Education's** spring term starts March 6th. Registration is now open for our fun, non-credit general-interest courses. We are particularly excited to offer both a six-week course and a special weekend of four mini-workshops on Ancient Egypt. If you register before March 1st, there is a 25% discount on all courses and workshops. For more information, please see www.trentu.ca/continuingeducation.

Finally, we have noticed many new graduate students at Traill over the past few weeks, particularly graduate students from around the world. Knowing how difficult it can be starting a new program in a new country, we have decided to host a special Valentine's Day orientation and skills session at Traill College. On February 14th, College Office staff are being joined by representatives from Academic Skills, Trent International, and the School of Graduate Studies for our **International Graduate Students: Welcome to Traill!** Event. If you haven't been to Traill (or even if you have), come and find out more about your college, get your free college scarf, find out more about our unique spaces and services and meet other graduate students in a friendly environment. For more information, do not hesitate to contact either Academic Skills Instructor Dr. **Sue Beckwith** (sbeckwith@trentu.ca), or me (michaeleamon@trentu.ca).

See you soon!

Michael

A handwritten signature in black ink, appearing to read 'Michael Eamon', located below the name 'Michael'.



Needing an Appointment?

Academic Advising Same-Day Appointments for Trail College: Fridays

9am - 4pm

Booked by the College Office



Academic Skills Appointments

Monday-Friday

Afternoons; appointments
available to book at 9am.

Cabinet Corner

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

To keep up to date with the college, follow us on [social media!](#)



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





Backwoods Baking Presents:

Valentine's Day Snack Trail Mix Recipe
By A Spicy Perspective

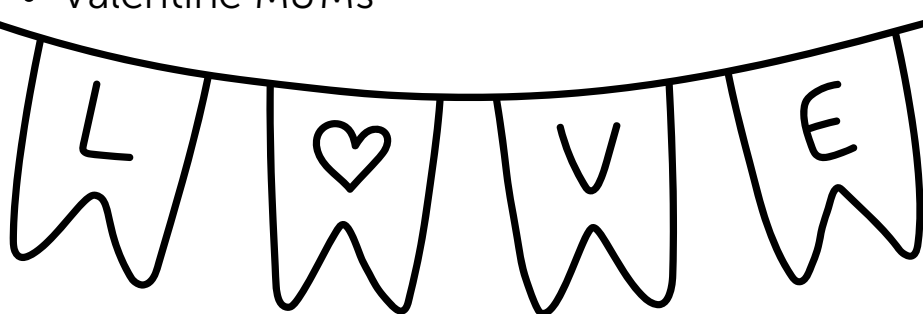


INGREDIENTS

- Miniature Pretzels
- Strawberry Yogurt
- Cheerios (or your favorite cereal)
- Chocolate Teddy Grahams
- Dried Cherries or Cranberries
- Yogurt Covered Raisins
- Valentine M&Ms

INSTRUCTIONS

1. Dump the ingredients in a large bowl and mix them together.



Click [here](#) to check out Trail 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

What happens to a frog's car when it breaks down?
It gets toad away.



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




FEELING THE TEMPERATURE A QUARTER-WAY THROUGH THE CENTURY: WHAT AND WHO IS A SCIENTIST?

Black History Month 2023 Speaker Event
Hosted By Trail College Cabinet

SANDRA KLEMET-N'GUESSAN

FEBRUARY 10TH 5-6PM
BAGNANI HALL, TRAIL COLLEGE
FOOD AND BEVERAGES PROVIDED



Trail College Cabinet is hosting a presentation by Sandra Klemet-N'Guessan who will be speaking about what it means to be a scientist and who is considered a scientist today. Food and refreshments provided.



3MT Applications due!



A graduate competition where you have three minutes to present your research!

Graduate students present your research in a spirited three-minute presentation!
Applications due February 13 @ 4:00 pm.

For more information: Academic Skills website

This is YOUR chance! Come show us what you've got, and you might win a prize! The application due date is fast approaching: February 13, 2023!

Trail College is Hiring!

Hey Trailblites!

Do you have college spirit? Do you want to be a part of a supportive team? Apply today! Trail College has 3 summer positions available:

- Continuing Education and Programming Intern (JOB ID: 30667)
- Orientation and Outreach Facilitator (JOB ID: 30668)
- Summer Programming and Events Intern (JOB ID: 30670)

Apply through the Job Board on your Student Experience Portal through your MyTrent account!

Deadline: Tuesday, February 28, 2023 at 12:00pm



Trail College is hiring for Summer Positions! The three positions available are: Continuing Education and Programming Intern, Orientation and Outreach Facilitator, and Summer Programming and Event Intern. Apply through the Job Board on the [Student Experience Portal](#) before February 28.

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

INTERNATIONAL GRADUATE STUDENTS
WELCOME TO TRAILL COLLEGE

February 14, 2023
SCR, 10:00am - 12:00pm

Come Down to Traill College!

- Get a Traill Scarf
- Meet Other International Graduate Students
- Snacks and Refreshments
- Learn about student supports

Brought to you by Traill College and Academic Skills



To all graduate students! Come join us on the 14th of February at 10 am, in the Senior Common Room located in Scott House at Traill. Snacks included!!

Writing About Qualitative Data for Grad Students

February 16
2:00 - 3:30 pm
Traill College (SH 105)
or Online via Zoom

Visit:
trentu.ca/academicsskills
for more information!



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

Online via Zoom: Registration is required.

Register for the Zoom link: [Register for the Zoom link](#)

Academic Skills Learning Labs

Facilitated by Academic Skills in the Colleges



Are you interested in practicing student-tested tips, tools, and strategies to help you learn at university?

Join an Academic Skills instructor and an experienced Trent student in weekly **Learning Labs** over Zoom or in-person.

Learn more at trentu.ca/academicsskills/



Are you interested in gaining more academic tips and tools? Join an Academic Skills instructor and a Trent student in our Academic Skills Learning Labs through Zoom or in-person! Want more information about our Academic Skills Learning Labs? Visit our Academic Skills website [here](#)

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](#).

What's going on at Trent University?

TCAS Aging & Society Seminar Series

Immigrants, Aging, and Caregiving: Fostering Social Inclusion Amongst Older Immigrants

**February 14th
2:00 – 3:00 pm
TSC 2.02**

Light refreshments will be provided

Dr. Bharati Sethi
Tier 2 Canada Research Chair in Care Work, Ethnicity, Race and Aging
Trent University

Please RSVP to:
aging@trentu.ca
705-748-1011 x 6440



TCAS hosts Dr. Bharati Sethi, Canada Research Chair in Care Work, Ethnicity, Race and Aging, and Professor of Political Studies at Trent. Dr. Sethi will provide an overview of her CRC research program and present findings of an SSHRC-funded multi-site study of older immigrants in Ontario.

Did you work with an exceptional instructor or teaching assistant?

CENTRE FOR TEACHING & LEARNING

Nominate Now!

Trent Teaching Awards 2022-23

trentu.ca/teaching/nominate

Deadline to submit: February 10, 2023



Do you work with an exceptional instructor or teaching assistant? Now is the time to nominate them for a teaching award. For more information visit the Centre for Teaching and Learning at www.trentu.ca/teaching/nominate. The deadline for nominations is February 10, 2023.

Save 25%
REGISTER BEFORE MARCH 1

Spring **INTO LEARNING**

**REGISTER NOW
MARCH 2023 HISTORY CLASSES**

trentu.ca/continuingeducation



Registration is open for Spring 2023 History Classes at @TraillCollege!

Check out the unique courses and learning opportunities available to you and the local community.
<https://trentucontinuinged.corsizio.com/>

TRENT UNIVERSITY CONTINUING EDUCATION

IN-PERSON 6-WEEK COURSE \$200

Save 25%
REGISTER BEFORE MARCH 1

Spring **INTO LEARNING**

WONDERS OF EGYPT: TOMBS, TEMPLES & TOWNS OF THE PHARAOHS

**WEDNESDAYS | MARCH 22 - APRIL 26, 2023
6:30-8:30 p.m.**

trentu.ca/continuingeducation



Check out the Continuing Education Course - Wonders of Egypt, taught by Egyptologist Laura Ranieri Roy: A 6-week course to learn all about the temples, tombs and towns of the Pharaohs.

Register [here](#)



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're focusing on
The Student Job Board.

Now that summer jobs are starting to get posted it is a great time to check the **Student Job Board**. Here you can find job postings received by **Careerspace** including employment after graduation, internship programs, part-time work, volunteer opportunities, on-campus or summer employment.

Log in with your myTrent username and password and click on "Student Job Board" in the Dashboard.



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

This week's wellness resource is connection!

In the spirit of Valentine's Day, here are some of the benefits of spending time with those you love and care about.



Why are relationships so important?

Humans are social animals since our survival depends on group living: early humans were dependent on living in groups for protection and sharing resources



It's been shown that spending more time with friends was found to improve health, and increase happiness



<https://blogs.bcm.edu/2021/03/29/how-we-got-here-the-origin-and-function-of-friendship/#:~:text=Quite%20possibly%2C%20our%20strong%20desire,and%20that's%20a%20proximate%20cause.>



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"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."
— Martin Luther King Jr.