



TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

Wow! What a change in the weather. Wednesday was quite the day that saw a mix of rain and snow and the temperature drop by 14 degrees in three hours. We postponed our classes for **Continuing Education**, for the first time, due to the uncertainty with the changing conditions. The start of all these classes have been moved to next Wednesday. It sure has been a month of extremes. Classes are now back in full swing after the break and the halls of the college are quite busy. Over the Reading Break, the long-awaited black drapes and curtains arrived for the newly-renovated **Scott House 105**. We are getting very close to the completion of the first phase of the project. If you haven't yet seen the progress, I would welcome you to come for a visit.

This evening, we have three graduate student speakers sharing their work for the **Symons Series on Graduate Research**. Come to Bagnani Hall at 7 PM and hear some interesting papers, meet other graduate students, and enjoy the free food and conversation. The Symons Series, founded by the late T.H.B. Symons in 1993 is one of the longest graduate-student-run symposia in North America. We are proud to continue this longstanding tradition at Traill College.

Next week, we are also proud to support the Department of Cultural Studies, **Culture Week**. The week-long celebration of art, performance, and research kicks off on Monday evening in the Senior Common Room (Scott House) at 7 PM. Join us for the opening reception and support Cultural Studies at Trent!

On Wednesday morning at 10 AM next week, tune into Trent Radio where the work of students in **Jill Staveley's Radio and Podcast Workshop** (CUST-3139H) will be showcased. Don't miss two great hours of student radio found only on 92.7 FM, or www.trentradio.ca.

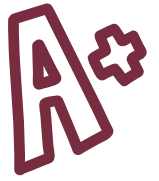
Finally, we are looking for student employees for both the Summer 2024 and Fall-Winter 2024-25 academic terms. If you want a creative, challenging, fun job in a fast-paced environment, you should apply. Traill needs you! Positions are open to undergraduate or graduate students. For more details, please go to the Student Experience Portal and look for Job IDs (34994 and 34997 - Summer) and (34944 - Fall-Winter). Please follow the application instructions exactly as stated. Applications are due March 11th.

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](#).

Trill 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

TRAIL CABINET
Student Cabinet Elections
2024

Nominations Open Now

CATHARINE PARR & ASSOCIATES
CABINET
TRAIL COLLEGE

Fill out the nomination form on our website

Spring Elections have begun! Find the nomination package on our website, nominations close Mar 3

Swag Shop



*Click [here](#) to view our swag shop and order online!
Pick up orders and pay with cash at the College Office.*

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



[@trillcollege](#)



[Trill College](#)



[trillcollege](#)



[#trill](#)

For the most up-to-date information on Trent University's response to COVID-19 visit:
<https://www.trentu.ca/coronavirus/>



Backwoods Baking Presents:

INGREDIENTS

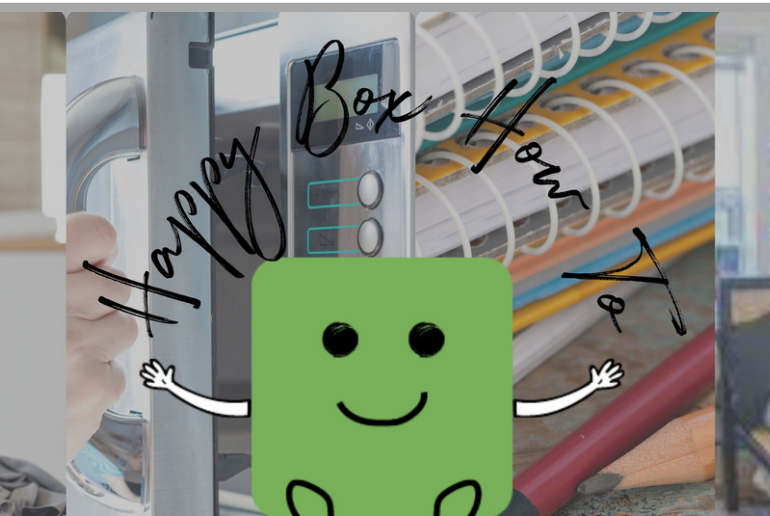
- 6 cups granulated sugar, more as needed
- 2 cups water, more as needed
- 2 to 3 drops food coloring, optional
- 1/2 to 1 teaspoon flavoring oil or extract
- 4 12-ounce Mason jars or one quart-sized Mason jar, wooden skewers or strings, and clothespins

INSTRUCTIONS

1. Generously sprinkle a flat, rimmed plate with granulated sugar. Dip each skewer halfway into a glass of water and roll it in the plate of sugar to coat.
2. Place 2 cups of water in a medium saucepan and bring it to a boil. Add 6 cups granulated sugar, 1 cup at a time, stirring to dissolve before adding the next cup. Continue to stir, boiling the syrup until all of the sugar has been added, and it's completely dissolved. Remove the pan from the heat.
3. Add 2 to 3 drops food coloring and stir it in to ensure an even, smooth color. Add only 1/2 teaspoon flavoring oil, or 1 teaspoon flavoring extract.
4. Allow the sugar syrup to cool for 20 to 30 minutes. Pour in the warm syrup.
5. Lower 1 reserved sugared skewer into each jar of syrup, using the clothespins to suspend it over the mouth of the jar about 1 inch from the bottom. Carefully place your jar in a cool place, away from harsh lights, where it can sit undisturbed. Cover the top loosely with plastic wrap or a paper towel. Once the candy has reached the desired size, gently break that top layer of crystal up with a fork, then remove the candy. Transfer the rock candy to an empty jar or glass with the clothespin suspending it, and allow it to dry for 1 to 2 hours.

Rock Candy

[Find the full recipe here](#)



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

Trail Mix

Why did people not like the restaurant on the moon?

Because there was no atmosphere.

0.0 ★★★★★



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

Announcing the February Presenters in the Symons Series on Graduate Student Research

Brennan Cornell
Engineering Nanowires Using Conducting Domain Walls in Ferroelectrics

Jordan Etherington
The Online Masculine Grift as a Response to Capitalism in Crisis

Connor Leshner
Fandom Identification and In-Person Activities as Mediators of the Association Between Cosplay and Psychological Well-Being



February 29th, 2024
7pm-9pm

Bagnani Hall
Trail College

Support your peers, and learn something new!
All are welcome!
Free Refreshments!



Join us TONIGHT for our latest installment of the Symons Seminar Series. All are welcome to sit in on talks by graduate researchers Brennan Cornell, Jordan Etherington, and Connor Leshner.

Nominations Open Now

TRAIL CABINET

Student Cabinet Elections 2024




Fill out the nomination form on our website

If you want to be a part of Trail Cabinet for the 2024/25 year, nominations are now open! Find the nomination package on our [website](#) and email it to trail@trentu.ca before March 3rd.

WE'RE HIRING!

Trail Interns



Summer Interns
(May-August)
JobIDs 34997 & 34994

2024-2025 Academic Year Interns
(September-April)
JobID 34944

Apply online through the Trent Student Experience Portal by **Monday, March 11th, 2024**

We can't wait to hear from you!

Do you have college spirit? Trail College is hiring! Apply on the student experience portal by March 11. Positions for the summer and the academic year are available.




IN-PERSON 7-HOUR WORKSHOP

GIVE THE *Gift* OF LEARNING

THE WRITE RETREAT: CREATIVE NOURISHMENT

SATURDAY, APRIL 20
9 A.M. - 4 P.M.
trentu.ca/continuingeducation

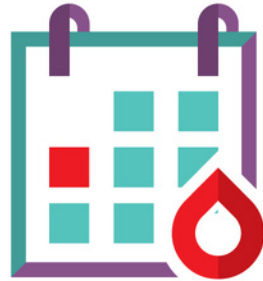
If you are looking for the time and focus to engage in the craft of writing and share your work with others, this is the workshop for you. Interested in lifelong learning? Take a look at what's offered by continuing education. There are over 30 offerings that you can find on the [website here](#).

What's going on at Trent University?



Take a
study break
to donate.

Book now at blood.ca



Blood for Life

Trent University Blood Mobile: March 13th
ATHLETIC CENTRE GYMNASIUM 10AM-2PM
Please come out and save a life! Make your
appointment online @blood.ca, download the
GIVEBLOOD APP or call 1 888 2DONATE (236.6283)

Social Group for Autistic Students

MEETING TUESDAYS FROM
3:30PM-4:30PM
BLACKBURN HALL RM 135

CONNECT | DE-STRESS | CREATE

YOU DO NOT NEED TO BE REGISTERED WITH SAS TO ATTEND THIS GROUP.
MORE INFORMATION CAN BE FOUND BY EMAILING
CHLOE AT [CDEVLIN@TRENTU.CA](mailto:cdevlin@TRENTU.CA)

Join Student Accessibility Services on Tuesdays from 3:30 to 4:30 pm for a drop-in style social group for autistic students! You do not need to be registered with SAS to attend - all are welcome. Find us in Blackburn Hall, room 135. You can email questions to cdevlin@trentu.ca for more information.



CAREER PEERS

Upcoming Drop-In Sessions

Champlain Great Hall
Wednesday, February 28 | 10 - 2

Freedom Lounge
Thursday, March 1 | 10 - 1

Need some help with your resume or cover letter?
Not sure where to find a job? Check out the
upcoming Career Peer drop-in times! No
registration required.

IT'S BACK!!!!

ADHD GROUP

Join us in the SAS Group Room on
Thursdays from 3:30-4:30 PM for a
relaxed discussion with peers about tips
and tricks!

Drop-in friendly!

In Blackburn Hall RM 135

The Student Accessibility Services group is back!
Join us on Thursdays from 3:30 to 4:30 pm in
Blackburn Hall, room 135. You do not need to be
registered with SAS to attend - all are welcome.
Email cdevlin@trentu.ca for more information.

What's going on at Trent University?



International Women's Day 2024

Friday March 8th

Downtown March & Rally: Noon - 1pm

Starting at Peterborough Square Courtyard
(340 George St N) and ending at
City Hall (500 George St N)

Featuring: City Councillor Jay Lachica and
Peterborough's Poet Laureate, Zysah von Bieberstein

Community Event: 5 - 7:30 pm

Peterborough Public Library* and on
Zoom

Doors open at 4:30 pm

Free, hybrid inclusive event with light refreshments
Hosted by Simal Ifthikhar

Featuring: Raging Grannies, Janet McCue, Aanya
Singh, Jaida Ponce, Kait Dueck & Sarah Lewis

*Friends of the Library Community Room

Miigwetch/Thank you to our supporters



"Stories From our Grandmothers" by
Naim-Tara (أنا:تارا), Star Daughter Woman

REGISTER HERE



For more information visit:
www.kwic.info/international-womens-day-2024

Join the Kawartha World Issues Centre and Kawartha Sexual Assault Centre this International Women's Day for their downtown rally and community event. Refreshments provided!
[Click here for more information.](#)

SURVIVAL STRATEGIES FOR YOUR THESIS DEFENCE

WORKSHOP FOR GRADUATE STUDENTS

STRATEGIES TO ACE YOUR THESIS DEFENCE

TUESDAY, MARCH 5 7:00 - 8:30 PM

REGISTER ON THE STUDENT EXPERIENCE PORTAL

Graduate students, need help demystifying the presentation, question period, and evaluation processes of your thesis defence? [Register here for Zoom link.](#)

THREE MINUTE PAPER

PRESENTED BY

Months of work . . . 180 seconds to explain it.
Join us in-person on Wednesday March 6, 2024 at 7pm in Nozhem First Peoples Performance Space, Enwayaang.

MOTIVATION Mondays

- Discuss strategies for setting writing goals
- Build momentum
- Motivational discussions on overcoming
 - Impostor syndrome
 - Distractions
 - Writers block
 - Burnout

**Every Monday
10:30 to 11:30
Starting January 22**

Motivation Mondays are back, with a vengeance!
With support from Academic Skills you can get weekly help with various support structures available to you!



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:
OMNI

Omni searches all library material available through the Trent Library, whether it's online or physically in the library.

Omni offers the option to search both Trent and other Omni libraries. From your search results, you can request material to be delivered to Trent, or the university of your choice for pickup.



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

70% of the general population have some level of discomfort or fear about speaking in public! Public speaking anxiety generally decreases as we age. College and university students tend to struggle the most. As a student, you will almost certainly be asked to give a presentation at some point, so it's important to know how to get past the nerves and become a confident public speaker. Click [here](#) for more information



Overcoming Public Speaking Anxiety

Speaking anxiety stems from a strong discomfort or even dread with being the centre of attention, fear of embarrassment, fear of judgement, and/or fear of making a mistake.

Gradual Exposure

Gradual exposure is the optimal way to start taking these risks. This means starting with an easier task slightly outside your comfort zone and progressing to the next level of difficulty. Gradually, with each step and accomplishment your confidence will grow, including your belief in your ability to tolerate the discomfort.

Refocusing Attention

Training your mind to shift the focus of attention to something within your control can help contain the fear and worry leading up to or during a speaking performance.

Manage Self-Defeating Thoughts

It can be empowering when you realize you have the option of recognizing the presence of an unhelpful or irrational thought, so you can work on not get too caught up in it

Practice, Practice, Practice

Run through the presentation several times on your own beforehand as it helps you get familiar with the content. Also practice reviewing your presentation with a friend or family member either virtually or in person.



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"Sciences provide an understanding of a universal experience, Arts is a universal understanding of a personal experience... they are both a part of us and a manifestation of the same thing... the arts and sciences are avatars of human creativity" - Mae Jemison