



WINTER EDITION I - JANUARY 11, 2024

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Happy New Year Traillites!

If you are new to Traill, you may be wondering what this “college thing” all about. We hope that you will consider Traill your home away from home as you start your journey in higher education. In addition to classrooms and residence rooms, we have great spaces open to all students for studying or relaxing. We facilitate a wide range of extracurricular activities and events as well as provide valuable student services such as **Academic Advising** and **Academic Skills**. In short, your college is your official support network at Trent University.

In that spirit, we would like to welcome all new **undergraduate** and **graduate** students to Traill at a special event on January 26th at 1:30 PM. Join us in the Senior Common Room for our **Traill Winter Welcome**. Meet the professional staff of the college, make new friends, enjoy some free food, and receive your college scarf.

From now until January 19th, the **Academic Advisors** are available for Same Day Advising appointments. This means that there will not be appointments available on the Student Experience Portal to book at this time. This is intentional to meet with students who have questions, or need to make changes to their course registration before the Add/Change Deadline on Monday January 22. Students are encouraged to contact the Traill College Office, by phone (ex. 7020) or in-person, to schedule a time to speak with an Academic Advisor. Booking for these Same Day appointments opens at 8:50am EST each morning.

The Roman god **Janus** (of beginnings, doors, transitions, and endings) had two faces. One face looked distinctly forward and the other backwards. Perhaps, the most lasting aspects of Janus’ legacy is the name of this month. It is therefore an apt time to take a moment to reflect upon past events and to start anticipating what the future may hold. It is perhaps no surprise that I (as an historian) believe that the past is a most important teacher. Both our past successes and failures inform how we will approach the future. What we learn from our triumphs and how we recover from our mistakes is key to our growth. Everyone needs a safe space to dream, to make mistakes, and to eventually overcome the challenges that life presents. I hope that you will make Traill College that space. Come visit and share your successes with us. We want to see you! And, when things are darker, I hope that you will also come to the College for support. Know that you not alone. We take this academic journey together.

Until next week,



Needing an Appointment?

Looking to book an academic appointment?



[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.

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

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 response to COVID-19 visit:

<https://www.trentu.ca/coronavirus/>

Swag Shop



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



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[Trail College](#)



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Backwoods Baking Presents:

One Pan Chicken and Spinach Orzo

INGREDIENTS

- 1 tablespoon olive oil
- 1/2 onion, finely diced
- 3 cloves of garlic, minced.
- 1 cup chicken broth
- 3/4 cup uncooked orzo pasta
- 1 can of diced tomatoes (14.5 oz)
- 1 tsp italian seasoning
- 1/2 tsp kosher salt
- 1/4 tsp crushed red pepper flakes
- 2 cupes shredded rotisserie chicken
- 3 cups spinach leaves
- 1/4 cup grated parmesan cheese

INSTRUCTIONS

- In a large skillet, bring the olive oil over medium-high heat. Sautee the onion until soft, adding the garlic for the last minute of cooking.
- Add the chicken broth, orzo, diced tomatoes, Italian seasonings, salt, and red pepper flakes. Bring to a boil, reduce to a simmer and cover. Cook for 12-15 minutes or until liquid is absorbed. Add the chicken and the spinach leaves for the last 3 minutes of cooking. Sprinkle with Parmesan and serve.

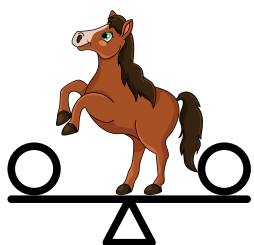
[Find the Full recipe here](#)



Click on Trail's [YouTube channel](#) to view



Trail Mix



What do you call a well-balanced horse?
Stable.



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



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 Advising you can get weekly help with various support structures available to you!



2024 3MT® Applications OPEN

Graduate students, do you want the challenge of presenting your research before a general audience?

Applications open: January 15
Applications close: February 12

More information
Academic Skills Website




The Three Minute Thesis (3MT®) is an internationally recognized competition for thesis-based graduate students in which participants present their scholarly and creative activity and its wider impact in 3 minutes or less. Interested in showing off your research, or flexing your public speaking skills? Then this may be the opportunity for you! applications are currently open, for more information scan the QR code or visit the academic skills website.

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



Brennan Cornell



Engineering Nanowires Using Conducting Domain Walls in Ferroelectrics

Eric Samtleben




Why Can't I Stick to My Workout Routine? An Integrated Approach to Self-Regulation and Physical Activity

January 18th, 2024
7pm-9pm

Bagnani Hall
Trail College

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



The Symons Seminar Series on Graduate Research is one of the longest-run student colloquia of its kind in North America; run for the students, by the students. It encourages graduate students to present their research publicly and find connections between the humanities and sciences.



Fighting Corruption in the Baltic-Black Sea Region: Comparing Legal Approaches



January 23rd
Bagnani Hall
Trail College
7:30 PM

Light Refreshments starting at 6:30 pm in The Trend

Guest Lecture with
Dr. Olha Chernovol

Join Dr. Olha Chernovol for a guest lecture on comparing legal approaches for fighting corruption in the Baltic-Black sea. Light refreshments starting at 6:30 pm in The Trend. Lecture will take place in Bagnani Hall at 7:30pm.

What's going on at Trent University?

GIVE THE
Gift
OF LEARNING

Save
30%
 REGISTER BEFORE
 JANUARY 31

REGISTER NOW FOR SPRING CLASSES & WORKSHOPS
 Over 30 different courses to choose from including:

 **CLASSES START
 FEBRUARY 2024**
 CHECK OUT THE FULL LIST ONLINE

TRENT UNIVERSITY
 CONTINUING EDUCATION

 trentu.ca/continuingeducation

Interested in lifelong learning? Take a look at what's offered by continuing education. Right now you could save up to 50% on over 30 unique and engaging courses that we offer! You can check out the full list online.



Degree Planning Workshops

For More Information, please visit:

trentu.ca/advising/
 Planning Your Degree
 >> Academic Planning Tools
 >> Degree Planning Workshops

ACADEMIC
 ADVISING



For Current Students Academic Advising is partnering with the Academic Department Chair and academic support staff. Students will need to register for the Workshop on the Student Experience Portal Events Calendar, if interested please refer to <https://www.trentu.ca/advising/planning-your-degree/degree-planning-workshop>


BATA LIBRARY HOURS
 January 8 - February 16, 2024

EXCEPTIONS:
 Monday February 19 - Closed for Family Day

Day	Service Desk Hours	Building Hours
Monday	8:00 am - 9:00 pm	8:00 am - 12:00 am
Tuesday	8:00 am - 9:00 pm	8:00 am - 12:00 am
Wednesday	8:00 am - 9:00 pm	8:00 am - 12:00 am
Thursday	8:00 am - 9:00 pm	8:00 am - 12:00 am
Friday	8:00 am - 6:00 pm	8:00 am - 9:00 pm
Saturday	10:00 am - 5:00 pm	10:00 am - 8:00 pm
Sunday	10:00 am - 9:00 pm	10:00 am - 12:00 am

Questions? Contact library@trentu.ca

Bata Library has updated their winter hours. If you're looking for a place to study the library will be open Monday-Thursday: 8:00am-12:00am; Friday: 8:00am-9:00pm; Saturday: 10:00am-8:00pm; Sunday: 10:00am-12:00am



Cheers! A Beer-Themed Exploration
 Discover the history, science, and geography of beer

Cheers!: A Beer-Themed Exploration is an immersive exhibit, hosted by the Trent University library, designed to captivate beer enthusiasts, history buffs, and science aficionados alike. View the exhibit in the Bata Library Atrium from Jan 6 to 27.

What's going on at Trent University?

3 Minute Paper

SHARE YOUR UNDERGRADUATE RESEARCH
IN A FUN & CHALLENGING
COMPETITION

Applications due January 24
trentu.ca/3mp



3 Minute Paper (undergraduate) is back! Submit your thesis/group project/research; visit trentu.ca/3mp for more information. #trentu #research

Reach out. Find Support.

Mood Talks:
Managing Low Mood & Improving Well-Being

4-Session Group Workshop
by Trent Counselling Services

Wednesdays @ 1:30 PM
January 24 - February 14, 2024

Email counselling@trentu.ca
to express your interest!

- Learn about low mood and depression symptoms;
- Develop skills and strategies to cope; and,
- Provide a safe space to share your experiences and feel supported.

In this is a 4-session, discussion-based group, we will learn about low mood and depression symptoms, develop skills and strategies to cope, and provide a safe space to share your experiences. Please email counselling@trentu.ca to express your interest.

Did you have an exceptional instructor or teaching assistant?

CENTRE FOR **TEACHING & LEARNING**

Nominate Now!

Trent Teaching Awards 2023-24

Nominations close
January 31, 2024

Consider nominating your outstanding instructor or teaching assistant for a University Wide Teaching Award! The nomination window is open from December 20, 2023- January 31, 2024.

Art With Impact Presents
Movies for Mental Health 2023-2024

Connecting with Ourselves and Others Through Short Films About Mental Health

January 26, 2024 5-7pm

Trent University Student Centre
Event Space (Room 1.07)

Catered food and refreshments will be available

Register at:
<https://bit.ly/m4mh-trent>

Art with Impact Presents Movies for Mental Health 2023-2024. Connecting with Ourselves and Others Through Short Films about Mental Health. January 26, 2024, 5-7 pm, at TSC Event Space, Room 1.07. Catered food and refreshments will be available. Register [here](https://bit.ly/m4mh-trent)



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.



Undergraduate academic advising at Trent is an on-going educational partnership between advisor and advisee that is dedicated to student learning, development, and success.

Academic Advisors help undergraduate students clarify their academic goals, decide which courses to take, understand academic regulations and degree requirements, connect with the services they need and, ultimately, take charge of their own education.

Academic Advising is holding same days at every College for the first two weeks of classes.

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

7 ways to help you keep new years resolutions

Welcome back Traillites! We hope you had a restful break and are ready to take on 2024.

Many start their year with a New Years resolution, but very few meet their goal. Here are some tips to help you stay on course:

- **Be picky**
 - Pick one, maybe two things you'd like to focus on and go all in.
- **Plan your resolution**
 - Think through your resolution and how long it might take.
- **Set specific goals**
 - A measurable goal to each day that you can check off your list.
- **Don't take too much**
 - Start small. Try and set a reasonable goal.
- **Choose a new resolution**
 - Avoid picking something you've already tried.
- **Get support**
 - We function better with support motivating and reminding us why we chose that resolution.
- **Make it a habit**
 - Be patient with yourself. If you have minor setbacks. Just keep working eventually it will become second nature.



<https://health.ucdavis.edu/blog/cultivating-health/7-tips-to-keep-your-new-years-resolution/2022/12>



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"For last year's words belong to last year's language
And next year's words await another voice." — T.S Eliot