

# TRAILL TALES

Catharine Parr Trill College  
Trent University



## A message from our College Principal Michael Eamon

Dear Traillites,

Welcome back to classes! I hope that everyone had a restful and productive break. We have been very busy already at the College and the week isn't over. On Saturday, Trill was happy to be a co-sponsor of the student-run **Disability Arts and Crip Futurities Conference** held in Bagnani Hall which featured over forty participants, both in person and online. On Monday, approximately 50 participants (again in person and online) attended the colloquium: **A Research-creation Episteme? Practice-based Research and Institutional Critique** also in Bagnani Hall.

Tuesday evening, **Dr. Laura U. Marks**, our **Trill Visiting Fellow**, offered a stimulating and engaging public lecture that blended theory, philosophy, sustainability and film studies. Firmly against the existence of a multiverse, Dr. Marks argued instead of the existence of dynamic and connected monads (see both the works of Gottfried Leibniz and Gilles Deleuze). In an interesting pivot, she then talked about the detrimental effects of digital streaming and concluded by highlighting several low-bit rate, experimental films that had been showcased at the **Small File Media Festival** which she founded in 2020. It is amazing the level of artistry that can be achieved while streaming no more than 1.4 MB per second. Tonight, Laura holds a special seminar with grad students and then is honoured at our College Dinner on Friday evening. Unfortunately, tickets are now sold out for the dinner. For those who didn't get one this time, don't worry. We will be having our next College Dinner in February.

Lastly, don't forget that the clocks "fall back" one hour this weekend. I hope that everyone will enjoy that extra hour that the switch back to standard time offers. For me, the clocks changing highlight that inevitable truth that winter is on its way. Don't get me wrong. I don't mind winter, per se. It is just that I am not a big fan of getting up and going home in the dark. Oh well, to every season...



# 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](mailto: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.*



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



[#trail](#)







# Backwoods Baking Presents:

<https://www.bbcgoodfood.com/recipes/speedy-sausage-stroganoff-tagliatelle>

## Speedy Sausage Stroganoff Tagliatelle

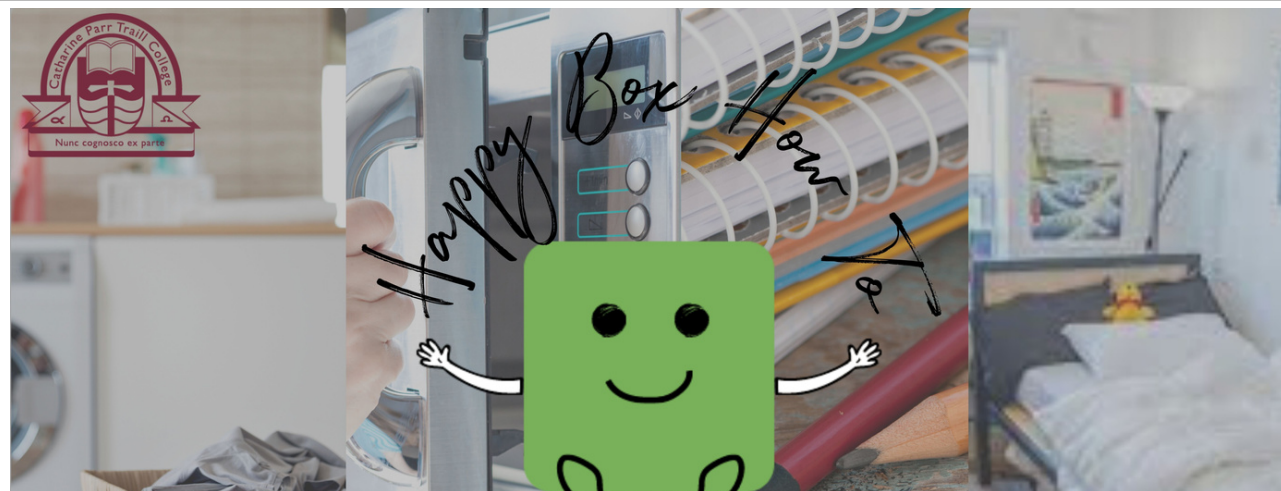
### INGREDIENTS

- 20g unsalted butter
- olive oil, for drizzling
- 6 pork sausages
- 350g chestnut mushrooms, sliced
- 1 tsp sweet smoked paprika
- 300ml soured cream
- ½ tbsp wholegrain mustard
- 150ml beef stock
- 400g dried tagliatelle
- small bunch parsley, chopped

### INSTRUCTIONS

1: Heat the butter and oil in a frying pan over a medium-high heat until foaming. Squeeze large chunks of the sausagemeat out of the skins and into the pan. Cook for 5-8 mins or until golden brown. Add the mushrooms and cook for a further 5 mins until starting to turn brown. Stir through the paprika and cook for 1 min before stirring in the soured cream, mustard and stock. Bring to a simmer and season to taste.

2: Meanwhile, cook the pasta in a large pan of salted water according to pack instructions, then add to the sauce with half the parsley. Serve in deep bowls with the remaining parsley sprinkled on top.

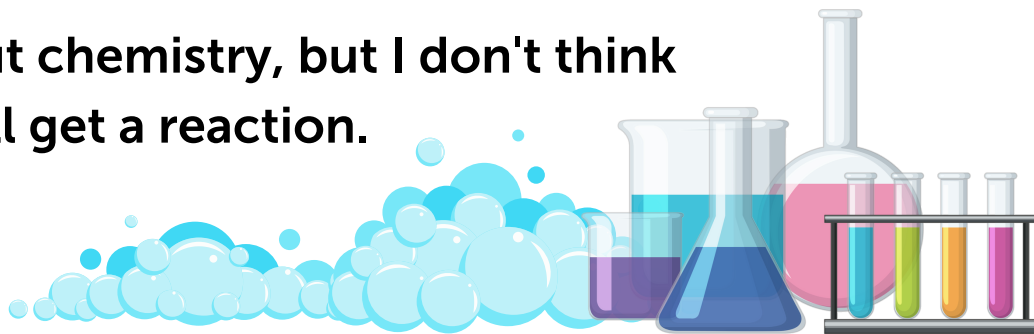
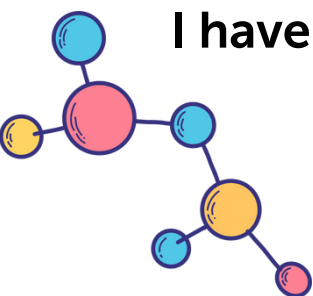


Click on Traill's  
[YouTube](#)  
channel  
to view



## Trail Mix

I have a joke about chemistry, but I don't think it will get a reaction.



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



**\$ Trail Cabinet Clubs & Groups Funding**

**Now Live!**

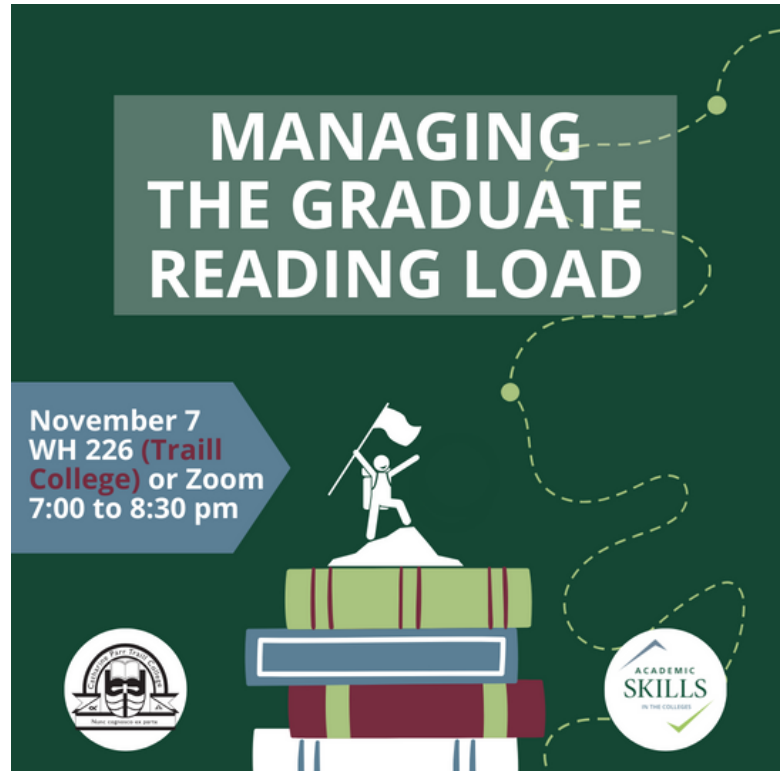
**23-3 Oct-Nov** Open until **Nov 3rd @noon**

Scan code for application forms or find them on our website

QR code

CATHARINE PARR TRAIL COLLEGE CABINET

Trail Cabinet Clubs and Groups funding applications are open RIGHT NOW! Looking for a bit more budget for a special event? Scan the QR code or email us at [trailcabinet@gmail.com](mailto:trailcabinet@gmail.com).

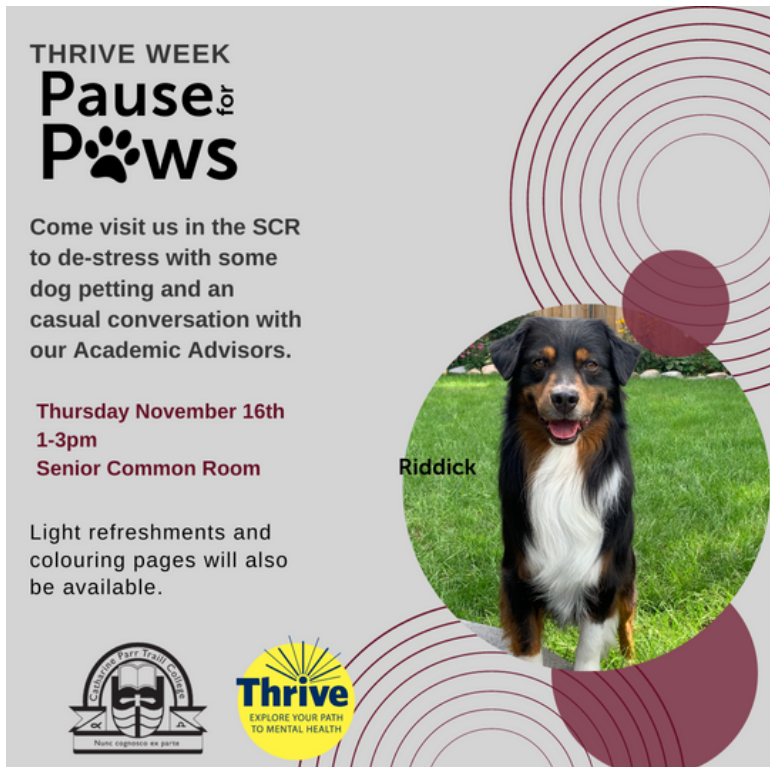


**MANAGING THE GRADUATE READING LOAD**

November 7  
WH 226 (Trail College) or Zoom  
7:00 to 8:30 pm

ACADEMIC SKILLS IN THE COLLEGE

This workshop will help graduate students understand the goals of graduate reading, the key challenges, the process of reading, and methods to deal with the graduate reading load effectively and efficiently. We will discuss note-taking strategies and some of the common pitfalls of graduate reading



**THRIVE WEEK**  
**Pause to Paws**

Come visit us in the SCR to de-stress with some dog petting and an casual conversation with our Academic Advisors.

**Thursday November 16th**  
**1-3pm**  
**Senior Common Room**

Light refreshments and colouring pages will also be available.

Riddick

Thrive EXPLORE YOUR PATH TO MENTAL HEALTH

Come visit the goodest boy, Riddick, and our supportive academic advising team, on November 16th from 1 to 3 PM. This will be a de-stress event held during Thrive week.



**THRIVE WEEK**  
**DIY STRESS BALL DROP IN**

STOP BY BAGNANI HALL BETWEEN 7-9PM TO MAKE YOUR VERY OWN STRESS BALL

Thursday November 16th, 7-9pm

Thrive EXPLORE YOUR PATH TO MENTAL HEALTH

Feel free to swing by Bagnani Hall between the hours of 7 to 9 on November 16 to join us in making DIY stress balls during Thrive week.



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

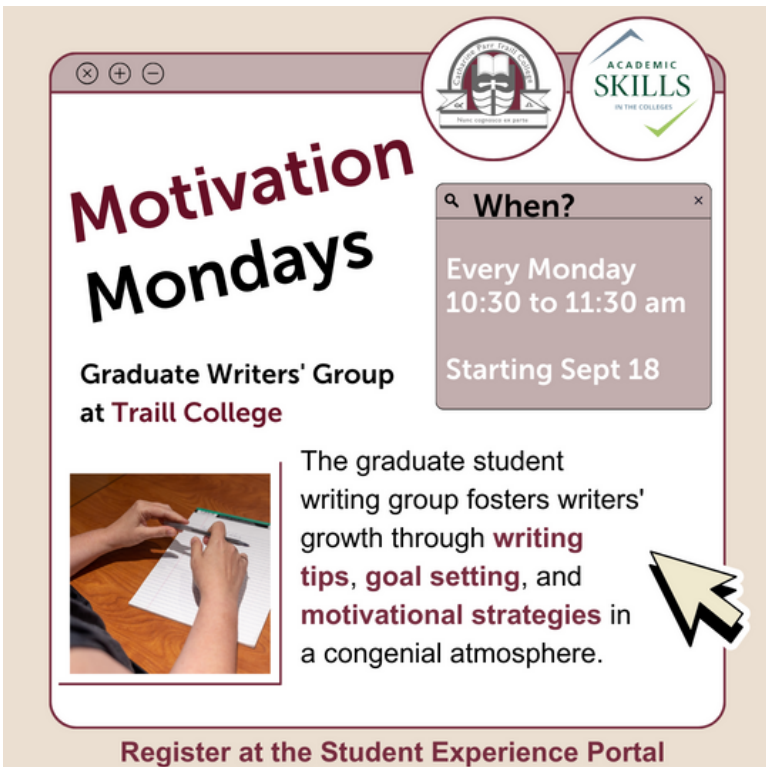
**Nov 19th** Traill Cabinet Sunday Feast Series. Board games & music in the Trend @ 4pm. Free dinner @6pm



**COAST-COAST: CANADA NIGHT**



The second occasion of the Traill Cabinet Sunday Feast Series has been announced. Join Cabinet and Traill residents on the 19th for a free dinner, music, board games and great company. November 19, 4pm in the Trend.



**Motivation Mondays**

Graduate Writers' Group at Traill College

When? Every Monday 10:30 to 11:30 am Starting Sept 18

The graduate student writing group fosters writers' growth through **writing tips, goal setting, and motivational strategies** in a congenial atmosphere.

Register at the Student Experience Portal

Struggling to keep up with your writing as a grad student? Come by Traill College every Monday until December 4th for a motivational and educational writing workshop!

Community Speaker Series **NORTH AT TRENT** TRENT UNIVERSITY  
2023-24 Lecture Series

## SECURITY AND SOCIO-ECONOMIC INEQUALITIES IN THE NORTH

November 30, 2023 7:30 p.m. Bagnani Hall, Traill College

To join remotely, register using the QR code



**GÉRARD DUHAIME**  
Full professor, Department of Sociology, Chair holder of the Louis-Edmond-Hamelin Chair of Northern Research in Social Sciences, Université Laval

**KAREN EVERETT**  
Senior Research Associate, Louis-Edmond-Hamelin Chair of Northern Research in Social Sciences, Université Laval

trentu.ca/northattrent

Each year, Trent organizes a series of public talks on the broadly defined "north". Building on Trent's established role as a centre of innovation on northern research these lectures are a key feature of academic life at Trent. You can register for zoom [here](#).



NEW THIS FALL

## SAME-DAY COUNSELLING

at



**WHEN & WHERE**

FRIDAYS 11:00AM - 3:00PM  
TRAILL COLLEGE SCOTT HOUSE, ROOM 208.1

**HOW TO BOOK**

Call Counselling Services on Fridays before 10AM  
Call: (705) 748-1386

Having a bad day? Looking for someone to talk to? Call before 10am on Fridays to book a same-day appointment between the hours of 11 and 3.

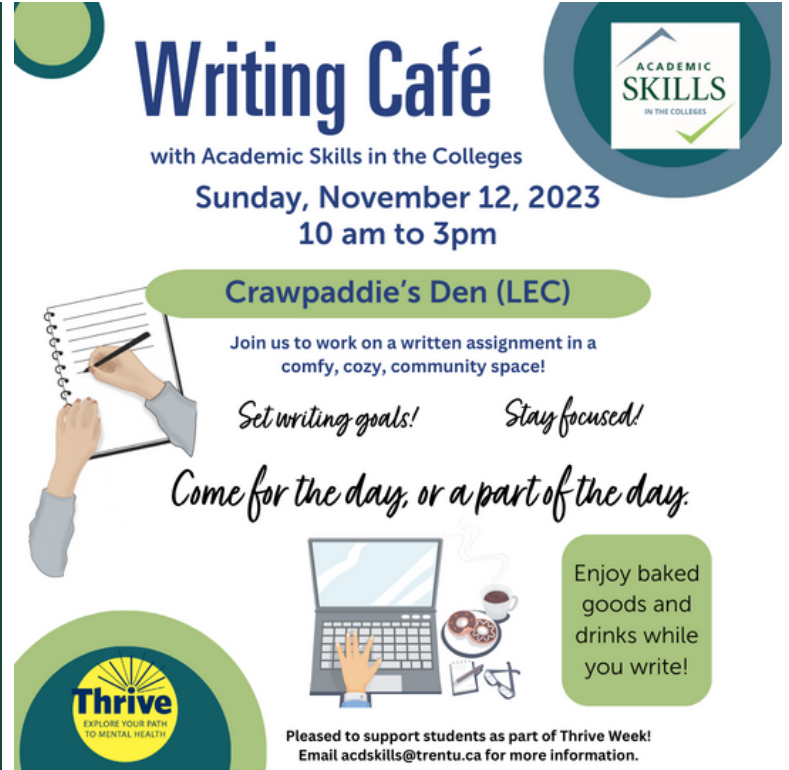
# What's going on at Trent University?



**DOWNLOAD  
THE TRENT U  
SAFETY APP**

trentu.ca/safetyapp

Trent University has launched a new safety app, adding another layer to the University's robust campus safety. Be sure to enable notifications to access all features. For more information, visit [trentu.ca/safetyapp](https://trentu.ca/safetyapp).



**Writing Café**  
with Academic Skills in the Colleges  
Sunday, November 12, 2023  
10 am to 3pm

**Crawpaddie's Den (LEC)**

Join us to work on a written assignment in a comfy, cozy, community space!

*Set writing goals!*      *Stay focused!*

*Come for the day, or a part of the day.*

Enjoy baked goods and drinks while you write!

Pleased to support students as part of Thrive Week!  
Email [acdskills@trentu.ca](mailto:acdskills@trentu.ca) for more information.

Working on a written assignment? find it hard to set goals and stay focused? Join Academic Skills on Sunday, November 12th in Crawpaddies Den (Lady Eaton College) for Writing Café. Register at [www.trentu.ca/sep](https://www.trentu.ca/sep). For more information, email [acdskills@trentu.ca](mailto:acdskills@trentu.ca)



## The Writing Room

Writing Skills Drop-In with Academic Skills!

**Tuesdays 11am-1pm**  
Morton Reading Room (CCS 303)

Join Lori Steers, Academic Skills/ESL Instructor, every Tuesday to strengthen your writing skills!



Scan for the Writing Room schedule!



Connect with us!

[@trentuacademicskills](https://www.instagram.com/trentuacademicskills) [acdskills@trentu.ca](mailto:acdskills@trentu.ca)



Join Academic Skills for their weekly drop-in writing support sessions: a great opportunity to ask questions about your writing and discuss your assignments with an Academic Skills Instructor!



**Transfer into Co-op Info Session**  
*Humanities & Social Sciences*

November 22, 2023  
10:00 - 11:00 AM  
TSC 2.02

With 16+ Humanities & Social Sciences co-op programs to choose from, you can put your skills and knowledge to work and gain 12 months of paid work experience in as little as four years!

\*The transfer-in pathway is open only to full-time first year students.

Register at [trentu.ca/SEP](https://trentu.ca/SEP)

Are you in your first year and interested in transferring into Humanities or Social Sciences co-op program? Join us for an info session to learn more about your options. Register now through the Student Experience Portal at [trentu.ca/SEP](https://trentu.ca/SEP)





# 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.

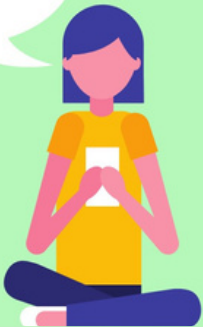


## Book-a-Librarian

Virtual (Zoom) and in-person research help is available by appointment. Use the Book-A-Librarian link to select a date and time for a help session.

In-depth questions concerning your library research can be answered by experienced academic librarians with extensive knowledge of library resources and research procedures. There's also a consultation area where we can work through your issues together on a large display screen.

Hello!



## PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at [ccr.trentu.ca](http://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](http://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

Making a final exam study plan step-by-step

## Getting into an Exam study Routine

With exam season slowly approaching, here are some common sense tips for getting prepared for the incoming storm of papers, tests, quizzes, and exams that haunt the everyday lives of students.

- **Set Expectations**

- This needs to be more than just “I want to ace all of my courses.” Be specific, and be realistic.

- **Study with Peers**

- Taking the time to work through problems and understanding concepts with classmates is a great way to make sure you’re all on the same page.

- **Take Notes**

- Take notes of concepts you do and don’t understand. This will cement all of what you’ve learned.

- **Test Yourself**

- Test your knowledge, find where you struggle the most now so you can review while there’s still time.

## Study Tips



List Your Goals

Study Group



Note-Taking



Test Yourself



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“Take everything you like seriously, except yourselves.”

~ Rudyard Kipling ~