

# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



Dear Traillites, **A message from our College Principal Michael Eamon**

The college is currently a veritable winter wonderland. A good dusting of snow arrived earlier this week and has not yet melted away. There is no better indication of the holidays being around the corner than the snow staying on the ground and clinging to the trees at the College on the Hill. Although classes are over, a lot has been happening at Traill. On Friday afternoon, we had a successful **Traill Seasonal Social** with over 75 students, alumni, faculty, staff, and community members in attendance. Thanks to everyone who came out to celebrate the end of the year with us. A special word of gratitude to **Samantha Perritt** and **Pam Forgrave** for coordinating another successful event. Also on Friday, the **Trent University Board of Governors** held their annual meeting at Traill College. We were honoured to host them in Bagnani Hall and proud to highlight all the great changes that have occurred since their last visit.

Things are a little colder than normal in Scott House this week due to the fact that our multipurpose room had its windows replaced. The addition of new energy efficient windows will ensure a more cosy atmosphere and a brighter space for our art classes moving forward. The renovation also saw the return of the Ron Thom skylights to the space and the view is spectacular. With the replacement of the windows, the project is almost 90% finished. More updates to follow.

If you need a last-minute present for the holidays look no further than **Trent University's Continuing Education** program. Until December 31st, all courses and workshops for the upcoming Winter-Spring term are 50% off the regular price. With almost 30 different choices, there is a lifelong learning experience tailored for almost all tastes. Give the gift of education this holiday at: [www.trentu.ca/continuingeducation](http://www.trentu.ca/continuingeducation)

This will be the last edition of *Traill Tales* of the year. The College will be closed with the university from December 22nd to January 3rd with full operations beginning on January 8th. On behalf of the entire staff at the College, I want to wish you and your family a joyous and restful holiday 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.*



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# Backwoods Baking Presents:

## One-Pan Cheesy Chicken, Broccoli and Rice

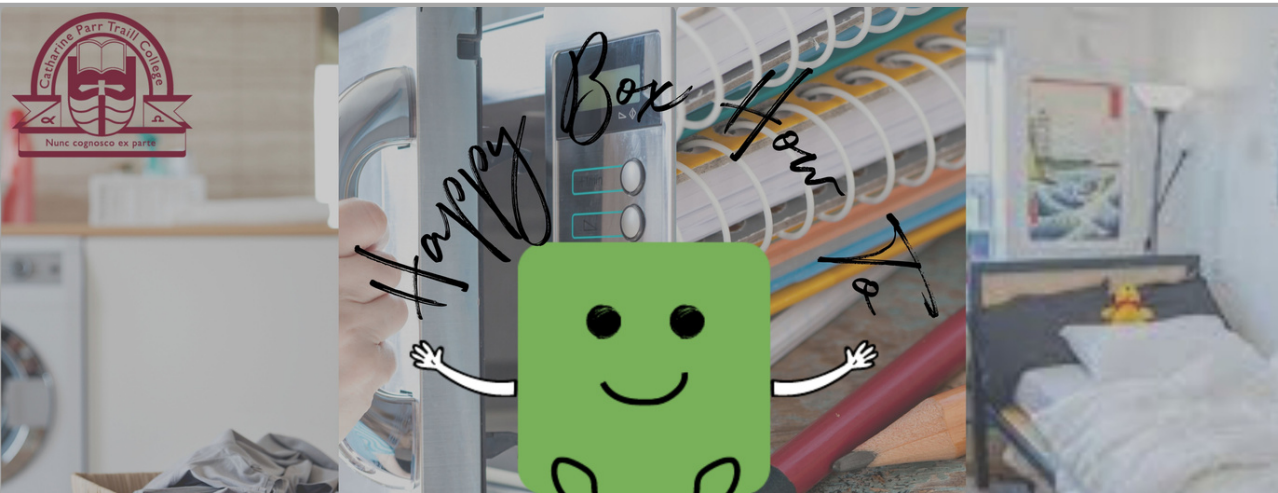
[Find the Full recipe here](#)

### INGREDIENTS

- 3 tbsp olive oil
- 1/2 medium onion, diced
- 1 pound of chicken breasts
  - cut into bite sized pieces
- 2 cloves of garlic
- 1 tsp of salt
- 1 cup of long grain white rice
- 2 1/2 cups of chicken broth
- 2 1/2 cups broccoli florets
  - cut into bite sized pieces
- 2 cups of extra sharp cheddar cheese

### INSTRUCTIONS

- Sauté onions in olive oil and season with salt and pepper.
- Once onions soften turn heat to medium high and add chicken.
- Brown the chicken and add garlic.
- Move chicken to one side of pan, add olive oil and place uncooked rice on the other side, sauté rice.
- Add chicken broth and bring to a boil.
- Cook mixture for about 12 minutes.
- Sprinkle broccoli on top and stir to combine.
- Cook for another 8 minutes.
- Remove from heat and stir in cheese.
- Let it sit until cheese has melted.



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



## Trail Mix



What do you call two ducks  
and a cow?

Quackers and Milk!



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



Traill Wishes you happy holidays! To start off the holiday season, on December 6th we will be doling out exam care packages packed with de-stressors, school supplies, toys and support guides, available while supplies last! So come on down for some free exam loot!

**GIVE THE**  
*Gift*  
**OF LEARNING**

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.

**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](https://trentu.ca/3mp) for more information. #trentu #research



It's that time of year again, whether its shopping for the holiday season, cramming for exams, or grinding out those final papers. It's a stressful time of year for everyone. Keep your wits about you and stay positive, remember: it's okay to be a bit nuts.



# What's going on at Trent University?

 **CAREERSPACE**  
CO-OP, CAREERS & EXPERIENTIAL LEARNING

*Subscribe*  
to the Careerspace  
Newsletter!

Your campus  
connection to all  
things careers!



Receive information about upcoming events & workshops, job search strategies, resume tips, job scams, experiential learning opportunities, career resources, and so much more!

[Subscribe Here!](#)



## CREATE A HOLIDAY CARD

For the residents of Fairhaven Long-  
Term Care Home

Drop in December 4th to 15th  
Bata Library Atrium  
All materials provided

  
**TRENT**  
UNIVERSITY  
LIBRARY & ARCHIVES

Join us in spreading joy this holiday season in the Bata Library atrium! From December 4th to December 15th, we invite you to participate in our annual card-making event for the Fairhaven Long-Term Care Home. This heartwarming activity is not only a wonderful way to de-stress during the exam period but also an opportunity to connect with the broader Peterborough community.

Did you work with an  
exceptional instructor or  
professor?

CENTRE FOR  
**TEACHING & LEARNING**

*Nominate Now!*

**Trent Decanal Awards 2023-24**

<https://www.trentu.ca/teaching/awards-showcases/internal-teaching-awards>

Nominations close  
December 18, 2023

  
**TRENT**  
UNIVERSITY

Help us recognize outstanding instructors! Nominations for the Decanal Award for Teaching Excellence and Outstanding Graduate Mentorship!

Nominations are open until December 18. You can find more information on the [Teaching & Learning website](#).

## Help Bring Our Books Home



HAVE AN OVERDUE  
LIBRARY BOOK?



WE'D LOVE TO  
HAVE IT BACK!



NO  
LATE FINES!



  
**TRENT**  
UNIVERSITY  
LIBRARY & ARCHIVES

Questions?  
Contact [library@trentu.ca](mailto:library@trentu.ca)  
or talk to staff at the Library

Do you have overdue books? Are you worried about late fines adding up? Worry no more! When you return your books, no fines will be charged (unless you've borrowed something special—a course reserve or an interlibrary loan). Even a "lost" fine will disappear when you return the book to the library.



# 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.

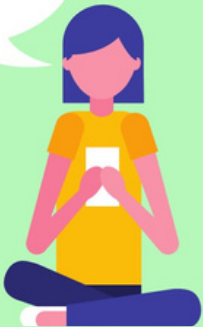


Recognizing Bata library as the academic heart of the University, the the library ensures Trent's digital and physical collections are preserved, while at the same time, improving access to the world's knowledge, and ensuring our library services respond to the rapidly changing needs of students and faculty.

Feeling stressed from assignments and exams? Check out one of our newly created De-stress Zones, located on the second floor at the Bata Library. You'll find a wide range of activities from fidget toys to puzzles and colouring books!

**During the exam season we are open till 1am!**

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

<https://excellence.ca/top-5-ways-to-prioritize-your-mental-health/>

## Easy Ways to Prioritize Mental Health

**It is that time of year again**, with exams and papers quickly consuming all of your time it's easy to lose track of oneself. But, here are some quick and easy tips to help you keep your sanity and stay on track to be the best you can be.

Seeking support from a close friend, a family member, a partner, or even a professional can have an immense impact on your current mental state. Take time to check in on yourself and on others. You are not alone.

Taking good care of yourself is paramount for fostering a healthy mind. Self-care is part of the solution; how one can better cope with their daily stressors. Whether its some meditation or some R&R between study sessions, learning to take time for yourself is key for success.

Take time to de-stress by engaging in a calming pastime or journaling, eating a comfort food or by expressing yourself. Finding a way to de-stress before that exam, and decompress after will do wonders for your mind and body.



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"Order and simplification are the first steps toward the mastery of a subject."  
— Thomas Mann