

TRENT GRADUATE STUDENTS' ASSOCIATION

THE SCOOP

by **GSA+**

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MONTHLY NEWSLETTER
FOR GRADUATE STUDENTS



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Christmas Edition



Our goals

"I hope to help any science graduate students voice their ideas and concerns to the board, and will endeavour to strengthen the connection between science students and the TGSA."

-Andrew Brown, Science Representative

"I will continue to liaise between the TDSA and the TGSA Board of Directors to advocate on behalf of the Trent Durham graduate students. I am passionate about making graduate education as accessible and inclusive as possible."

-Shannon, Durham Representative


"I hope to address the concerns of AMOD students. Big data Analytics is evolving technology and my wish is to ensure that this course stays current with the industry expectation so that the students can get maximum benefit."

-Madhu, AMOD Representative

"I have a huge passion for social justice, advocacy and community outreach. In my position as the BEMA program representative, I hope to advocate for the many various voices of the BEMA program and bring more awareness to the program."

-Autumn, BEMA Representative

Events and Academic Deadlines



Dec
17

Festivus
5PM-7PM

Dec
23

University closed:
Winter Break

Jan
1

Fee Payment deadline
for students in
Professional Graduate
programs

Jan
1

TGSA
Emergency Bursary

Jan
15

TGSA
Academic Bursary

Jan
28

Fee Payment deadline
for students in
Research Graduate
programs

Jan
31

School of Grad Studies
Graduate Bursary *

Please visit [School of Graduate Studies Tuition, Awards and Funding Page](#) for more details.*

Visit [CUPE](#) for more information on their funding **

Click [here](#) to view in Calendar mode

Announcements



CSAS 5000H
now offered in Winter Semester

by 
TRENT UNIVERSITY
TRENT CENTRE FOR AGING & SOCIETY

Foundations in Interdisciplinary Aging Studies – CSAS 5000H, taught by award winning professor emeritus Dr. Stephen Katz, will take place online and is open to all Trent University Master's and Ph.D. students!



This interdisciplinary graduate course examines aging from a critical perspective. This course traces the evolving conceptualizations of aging, old age and life course and their role in understanding the processes, outcomes and representations of aging.

It can be taken as an elective by any graduate-level student and is also a required course for the Collaborative Specialization in Aging Studies.

For more information about the course, please contact Dr. Stephen Katz, skatz@trentu.ca.



Graduate Student's Corner

Realistic Tips to Staying Motivated

Since COVID restrictions began, I've definitely had to make adjustments to staying motivated and on-task with work. I've been using these for a few months now, and can honestly say they HELP, so I thought I'd share with all of you!



#1 Find your niche work environment.

And by 'niche', I mean ANYWHERE. Anywhere you feel you can write, research, or grade those long papers you've been dreading. For me, I switch it up every 3 hours. I'll go from my desk at home, to the lab (for socially-distanced interactions), to Starbucks on Chemong. Even things like taking your fully-charged laptop outside by the water with a blanket and a steaming hot cup of coffee. I promise, once you find the place you love to be around, every bit of motivation you lost will come screaming back.

#2 Find a good 4-5-hour music playlist and STICK TO IT.

This is so key, especially for those who need background or white noise, like myself. I always need some sort of noise in the background, so I'll choose Classical Piano or Cello, or instrumental country. Sometimes EDM, if I'm feeling like bopping! This paired with the PERFECT environment (plus coffee, always coffee) helps relieve so much stress, bring you back to ground state, and keep you in that motivated state of mind. I'm more than willing to share my current playlists if anyone's interested!



#3 Having someone there to do work with you also helps.

As long as you both are doing independent work, it helps having company to keep you on track!

by Josephine Esposto, ENLS MSc.

Green Tips

by Verena

International corner



Eco-Local Holiday Shopping Tips!



For your holiday shopping, remember to shop local & sustainable! Wrap your gifts in newspaper or magazines, or use paper gift bags.

3 places to check out in Peterborough



SUSTAIN ECO STORE

(in-store, delivery, pre-order and pickup)

- Lots of smart and sustainable kitchen and food container products that make it easy to reduce plastic use and food waste
- Natural cleaning products to make your place spotless - which you can fill into your own containers
- Super cute sustainable toys for your little family members



GREENUP STORE

(in-store, pre-order and pickup)

- Big selection of locally made goods, incl. beeswax candles, handmade soaps and shampoo bars
- Check out their [Top Green Gift Ideas](#) for any Budget



KELCEY'S NUTRITION CENTRE

(in-store, delivery, pre-order and pickup)

- Health food store in the East City with lots of local, natural, and organic grocery
- Yummy seasonal holiday teas in plastic-free teabags
- A place that accommodates different dietary needs



Brrrr...winter is here



Dress in layers

Layers help trap the body heat inside and helps you stay warm



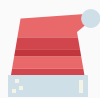
Cover your entire body

Take a cap, gloves and a scarf to cover your face



Check Weather App

Always check the weather forecast before going outside and look out for any extreme weather warnings



Your new winter buddy- Heat packs

Always carry it with you!



FOLLOW @TRENTUINTERNATIONAL



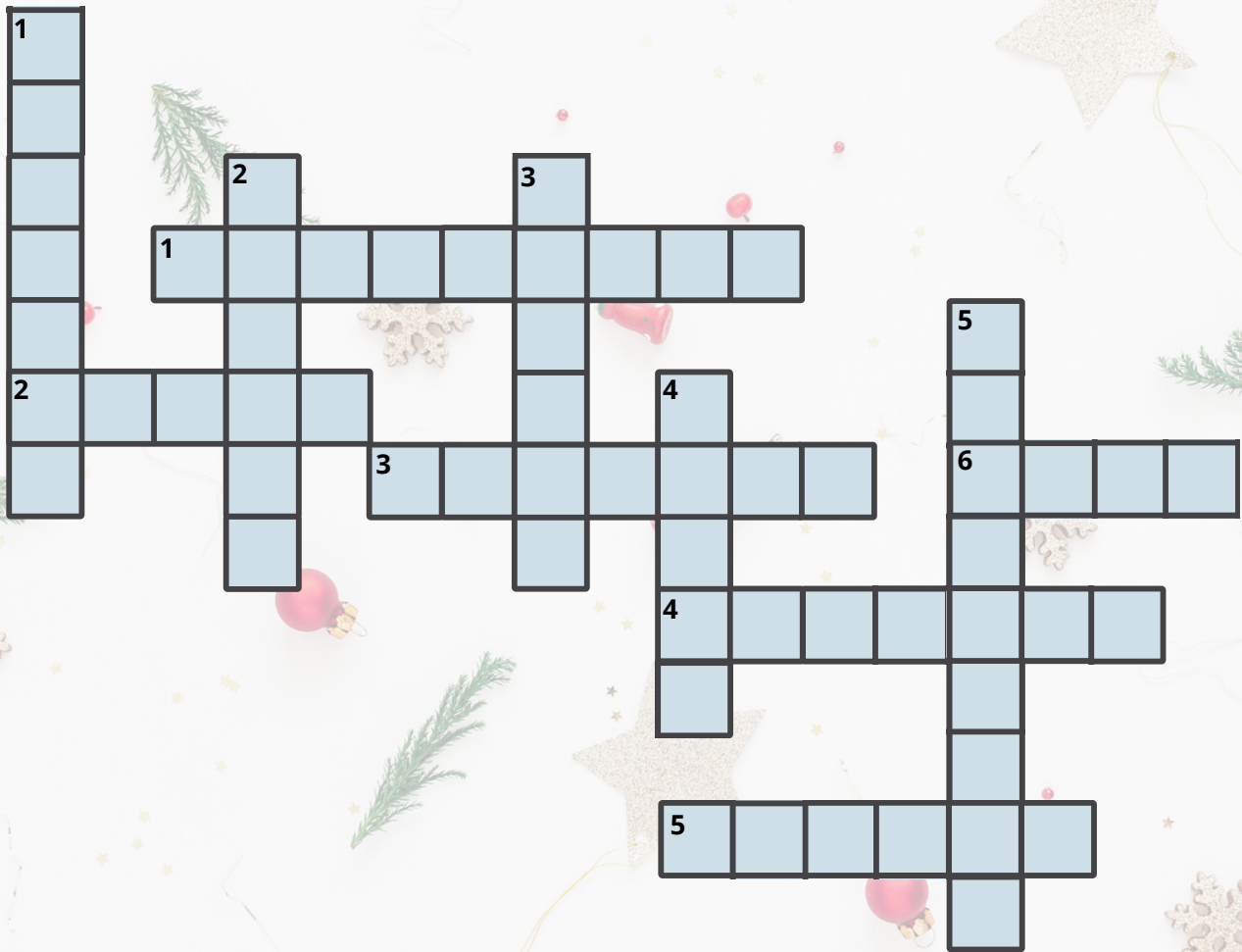
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TRENT INTERNATIONAL GRADUATE STUDENTS - OFFICIAL GROUP

Have a jolly holly Christmas!



Horizontal

- 1 All I want for _____ is you!
- 2 A type of song, usually religious
- 3 Often exchanged on Christmas day
- 4 Reindeer with the red nose
- 5 Christmas drink
- 6 A vehicle for conveying goods or passengers over snow or ice

Vertical

- 1 Constructed of evergreens and circular
- 2 Where you hang your stockings
- 3 Goes with cranberry sauce
- 4 Happy or Jolly
- 5 A leathery plant with berries for couples to kiss under