

# OLTS-ONTARIO

**Nervous about college or university?**

**Not sure what to expect, or how to handle the increased workload?**

**Want to know where and how to get help in post-secondary?**

**Register for OLTS-Ontario and give yourself a head start on success at college and university!**

On-Line to Success (OLTS)-Ontario is a transition program for high school students going into Grade 12 (or doing extra year) with learning disabilities, ADHD, ASD, and/or mental health disorders (such as anxiety or depression) who plan to attend college or university. This online course runs during the summer and guides students through various activities and assignments designed to prepare them for the challenges they may face in post-secondary school.

## How OLTS Helps

### INCREASE SELF-KNOWLEDGE

Gain more knowledge about your disability and how it affects your learning.

### BUILD SELF-ADVOCACY SKILLS

Learn how to get what you need, who to ask and how to talk to your professors.

### DEVELOP STRATEGIES

Gain and practice skills essential to post-secondary success, such as learning strategies, time management, stress management and more!

### LEARN ABOUT YOUR RIGHTS AND RESPONSIBILITIES

Discover the services available for students with disabilities at the post-secondary level, and what your rights are.

**“OLTS is a wonderful program!!! It helped me a lot in university, especially my first year.”**



The OLTS-Ontario program is run by the Regional Assessment and Resource Centre at Queen's University. The program is fully funded by the Ministry Colleges and Universities, Research Excellence, and Securities and there is no cost to participants.

## COURSE SCHEDULE

The OLTS-Ontario course schedule is outlined below:

### **Opening Day: Half-day, Virtual: July 8, 2026**

Students attend a **half-day virtual** course overview and orientation sessions.

### **Online Modules: July - August**

Students complete the online course work. The course consists of online modules to work through. Students who don't complete the full course during this time period can continue to work throughout the summer.

## TRANSITION INFO NIGHT

RARC hosted a virtual Transition Information Night. The session provided an overview of programming, accommodations, and supports that can help students with disabilities prepare for the changes that come with post-secondary education. It highlighted the important role of transition planning to help students feel more confident and prepared to meet educational challenges. You can watch the recording here:

[www.queensu.ca/rarc/transitions/resources-and-recordings](http://www.queensu.ca/rarc/transitions/resources-and-recordings)

## COST

**There is no cost for this course.** Students must have a working email address and adequate access to the internet on a computer, at home or at school, for the duration of the course.

## ELIGIBILITY

- Any student currently attending a secondary school in Grade 12 or doing extra year
- Planning to attend any post-secondary institution
- Have a diagnosed learning disability, ADHD, and/or ASD; and/or be diagnosed with or self-identify as having a mental health disorder

## REGISTRATION

Please complete the registration form ([www.queensu.ca/rarc/transitions/olts-ontario](http://www.queensu.ca/rarc/transitions/olts-ontario)). The deadline for registration is **Friday, June 19, 2026**. For more information, please contact [rarc.transitions@queensu.ca](mailto:rarc.transitions@queensu.ca).



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