

INCREASE SELF-KNOWLEDGE

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

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 & STOMP

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 or STOMP and give yourself a head start on success at college and university!



On-Line to Success (OLTS) and Successful Transitions Online and Mentoring Program (STOMP) are transition programs for high school students in Grades 11 and 12 with learning disabilities, ADHD, ASD, and/or mental health disorders (such as anxiety or depression) who plan to attend college or university. These 8-week, online courses guide students through various activities and assignments designed to prepare them for the challenges they may face in post-secondary school.

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

"STOMP helped me feel more prepared and excited for college."



The OLTS and STOMP programs are run by the Regional Assessment and Resource Centre at Queen's University. The program is fully funded by the Ministry of Training, Colleges and Universities and there is no cost to participants.

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 11 or 12
- Planning to attend any post-secondary institution
- For OLTS: have a diagnosed learning disability, ADHD, and/or ASD
- For STOMP: be diagnosed with or self-identify as having a mental health disorder

TRANSPORTATION

Transportation to Opening and Closing Days is not provided.

COURSE SCHEDULE

OLTS (for students with learning disabilities, ADHD or ASD) and STOMP (for students with mental health disorders) run as separate programs, each with their own Opening and Closing Days, and separate online courses.

The format follows the same schedule, outlined below:

Opening Days: 2 full days in March

Students attend **full-day** course overview and orientation sessions at Queen's University. Students will miss **two regular school days**.

Online Modules: March - May

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.



Closing Day: 1 Day in early June

Students attend a full day of workshops and student presentations up at Queen's University. Students will miss one regular school day.

All registered students and their families will attend an online information night in February, 2023. Date and time to be announced.

Updated psychoeducational assessments are offered at a discounted rate to all students who **complete the courses**. An updated assessment is needed to receive accommodations at most post-secondary institutions.

"I still can't thank OLTS enough for the assistance I received so many years ago, I've learned much about university life."

REGISTRATION

Please complete the registration form and return to your guidance/resource teacher at school. The deadline for registration is January 15, 2023. For more information, please contact olts.stomp@queensu.ca.