# OLTS

## 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.

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



On-Line to Success (OLTS) is a transition program for high school students in 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 Term 2 and guides 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."**

The OLTS program is 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 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**

## TRANSPORTATION

**Transportation to Opening Day is not provided.**

# COURSE SCHEDULE

The OLTS course schedule is outlined below:

### Opening Day: 1 full day, in person: February 9, 2024

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

### Online Modules: February - 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.



*All registered students and their families will attend a virtual information night in January 2024. Date and time to be announced.*

RARC can provide students with learning disabilities, ADHD, and/or ASD who **complete** OLTS with an updated psychoeducational assessment if they wish to have one. An updated assessment is needed to receive accommodations at most post-secondary institutions. The cost is between $2,800-$3,200, and there are funding sources available, which can greatly reduce or eliminate the cost entirely.

> **"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 December 8, 2023. For more information, please contact **olts@queensu.ca**.