INCREASE KNOWLEDGE AND SELF-ESTEEM

Both parents and students gain more knowledge about the student's disability and how it affects learning. Students identify areas of strengths and celebrate differences.

BUILD SELF-ADVOCACY SKILLS

Students and parents review the language around IEPs and their rights to accommodations. Students develop self-advocacy skills to express their needs.

BELONGING

STEPS students learn from each other. In a positive, encouraging space, students develop friendships and learn about themselves, their strengths, and their needs.

ASSISTIVE TECHNOLOGY

Students explore a variety of technologies and tools that can support their success in the classroom.

STEPS

Successful Transition from Elementary to Post-Secondary Transition Program

STEPS Information Night
Tuesday, November 24th, 2026, at 6:00 pm - 7:00 pm; and
Tuesday, January 26th, 2027, at 6:00 pm - 7:00 pm
Click to access the Zoom Meeting Link



STEPS is a program for students with neurodevelopmental conditions affecting learning (including learning disabilities and ADHD). The goal: to assist students and families with making a successful transition from elementary school to secondary school and beyond. The program consists of an updated psychoeducational assessment, with student and parent/guardian targeted programming over the course of the program. We host group sessions, Assistive Technology training, and a high school transition camp.

"My husband and I have benefitted from the parent sessions and we have learned many new strategies to implement. Josh has realized and implemented many of the ideas he has learned. Not only has this improved the school day and school work, this has made a huge improvement to our home life."

Queen's University RARC

The STEPS program is run by the Regional Assessment and Resource Centre at Queen's University. The program is free except for the psychoeducational assessment which costs $2000 (flexible payment options available over 1 year period). This may be covered by some supplemental health insurance plans.

COST

The STEPS program is free. However, the psychoeducational assessment has a fee of $2000. This can be paid over 1 year in installments.

ELIGIBILITY

- **Apply in Grade 7 (fall/winter)**
- **Have impairments in academic achievement and require accommodations at school**
- **Previously diagnosed with relevant disability or have a history that strongly suggests a relevant disability**

WANT MORE INFO?

Contact our program coordinator, Gillian Goldsmith, at steps@queensu.ca or 613-533-6000 (x 75220)

PROGRAM SCHEDULE

STEPS begins in Grade 7 (with the application process) and finishes in the summer before Grade 9 begins. The RARC transition team is comprised of certified teachers, clinical psychologists, and even some Queen's students! Programming determinations are grounded in research and all of our programming prioritizes the student and the development of their self-esteem, self-awareness, and self-advocacy. Many games are incorporated throughout and students have a lot of fun while they learn about themselves!

Grade 7

- Fall 2026/Winter 2027: Students apply to the program
- Upon being accepted, psychoeducational assessments are scheduled

Grade 8

- September/October 2027: Weekly evening sessions take place for parents and students, with sessions focusing on learning differences, self-esteem, self-advocacy, and navigating IPRCs and IEPs at the school level
- May 2028: Weekly evening sessions take place for parents and students, with sessions focusing on high school course selection, adolescent development and strengthening relationships with your teen, and self-advocacy and effective communication
- Summer 2028: 1 week of secondary school transition camp for students that includes assistive technology training

Please note that transportation is not provided with the STEPS program.

Click to learn what former students and parents have to say about their experience with STEPS.

WANT TO APPLY FOR STEPS?

Please complete all components of the application and submit before February 28, 2027. Application packages can be found on the RARC website.