Transition Programs: 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.
Course Schedules

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 days in late March/ early April
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 information night at Queen’s University in February (date and time to be announced).

Registration

Please complete the registration form and return to your guidance/resource teacher at school. The deadline for registration is January 17.

For more information, please contact Sheila Merkley at 613-533-6000 ext. 75220, olt@queensu.ca or stomp@queensu.ca

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