

On-Line to Success

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. The OLTS program is offered twice a year, with cohorts running during the winter and summer terms and guides students through various activities and assignments designed to prepare them for the challenges they may face in post-secondary.

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 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 course schedule is outlined below:

Kick-Off Day in Winter 2027

Students will attend one Kick-Off Day to receive a course orientation, learn about the program, and resources before beginning their coursework.

Online Modules: February - June 2027

Students complete the online course work. The course consists of 7 online modules. Each module takes approximately 2 hours to complete.

TRANSITION INFO NIGHT

RARC will be hosting a virtual Transition Information Night for anyone who would like to attend on **Thursday, November 26, 2026 at 6pm EST**. In this presentation, we will provide an overview of programming, accommodations, and supports that can help students with disabilities prepare for the changes that come with post-secondary education. Presenters will highlight the important role of transition planning to help students feel more confident and prepared to meet educational challenges. Zoom meeting link:

https://zoom.us/webinar/register/WN_Dv3uiJMDTFiUtD_i89lxWw

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 a degree or diploma granting program at any post-secondary institution
- Experiencing academic functional impairment due to a diagnosed learning disability, ADHD, and/or ASD; and/or be diagnosed with a mental health disorder

REGISTRATION

Please complete the registration form www.queensu.ca/rarc/transitions/olts. The deadline for registration is **Monday, January 18, 2027**. For more information, please contact olts@queensu.ca.



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