

**LaunchPrep programming includes:**

**Health and Wellness:** *Through discussions, presentations and workshops, build and practice skills which will help you to maintain your mental well-being while studying at the post-secondary level*

**Academic skills and strategies:** *Learn strategies for success at the post-secondary level, and practice skills for managing the effects of mental health-related symptoms on academic work*

**Campus resources:** *Learn about the types of assistance that will be available on your post-secondary campus to support your wellness and your academic success*

**Social Opportunities:** *Spend time in social settings, both inside and outside the residence environment, connecting with others who are preparing to make the transition to post-secondary education*



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## LaunchPrep Program

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CHANGING LIVES  
IMPROVING LIFE

## LaunchPrep

**Summer Transition Program**

**June 28th -  
July 3rd 2015**



**Supporting your  
successful LAUNCH into  
post-secondary study!**

Student Accessibility Services



# LaunchPrep SUMMER TRANSITION PROGRAM

## You may have questions like:

- How will I manage my anxiety about the transition to post-secondary study?
- What supports will be available to me on my university or college campus?
- What do I need to know to be a successful college or university student?
- What academic accommodations can I get at college or university?
- What will living in residence be like?
- Who can I talk to if I have a question or a problem?

**You will learn about all this and more at LaunchPrep!**

**Objective:** The transition to college or university can be an exciting and stressful time. For students with mental health issues, the transition may bring about some unique concerns. The goal of LaunchPrep is to provide students with a solid foundation upon which to plan for wellness and academic success at the post-secondary level.

**Participation:** The benefit that participants receive from the LaunchPrep program will depend largely on their level participation. The program is designed to help students build knowledge and skills that they can carry forward into the post-secondary experience. Participants are asked to commit to attending for the entire week, and are encouraged to attend as many sessions as they are able throughout the program

## Requirements:

**This exclusive program is free of charge\*** to eligible students.

In order to be eligible for the LaunchPrep program students must:

- have a **mental health** diagnosis, or a history of impairment based on a **mental health issue**
- be currently completing or have recently completed their final year of **high school**
- be interested in pursuing **post-secondary study**
- complete and return the **application form** by the deadline
- be able to attend the **entire week**

\*\*\*\*\* Space is limited \*\*\*\*\*

The program includes residence accommodations, meals, access to the library, labs with assistive technology, learning materials and planned social events.

**Application Deadline:** June 1st, 2015