



Running Start Information

**Glacier Peak High
School**

February 8, 2024

Running Start

Agenda:

- **How does Running Start Work?**
- **Who Should Consider Running Start?**
- **Running Start Information Packet**
- **Steps to Enrollment**

What is Running Start?

Running Start is a program that allows 11th and 12th grade students to take college courses at a community or technical college.

- High school and college credits
- Classes are at the college
- Taught by college instructors
- Full-time or part-time
- College level placement required for tuition free enrollment



What is Running Start?

- ❖ Tuition-free: traditionally up to 15 credits, now up to 18 or even 21
- ❖ Families incur some costs: textbooks, class fees, parking, under 100 level courses
- ❖ Summer classes are not tuition-free (though some exceptions exist).
- ❖ Transportation is not provided to the college.
- ❖ Students must maintain good standing in GPA.



Running Start: What classes do students take?

- ❖ High school counselors
- ❖ High school graduation requirements
- ❖ Course equivalencies

Example: Civics at GP =
Political Science 202 at EvCC

- ❖ College advisor
- ❖ College goals



Course Equivalencies Chart

Snohomish School District Running Start Class Equivalencies 23-24						
	Cascadia College	Everett Community College	Edmonds Community College	Shoreline Community College	Bellevue College	Lake Washington Technical College
English	ENGL& 101+	ENGL& 101+ JOURN 101, JOURN 110, JOURN 111	ENGL& 101+ HUM 108, HUM 109, HUM 235, JOURN 115+	ENGL& 101+	ENGL& 101+	ENGL& 101+
Mathematics	MATH 095*, MATH& 107+, ACCT 140 MATH 085* ~ACCT 140, ~ACCT& 201+ ~IT-CS 142 (RCW 28A.230.300)	MATH 096*, MATH 099*, MATH 100+ ~ACCT 110, ~ACCT& 201+ ~CS& 141, CS 110 (RCW 28A.230.300)	Math 097*, MATH& 107+ MATH 087* ~ACCT& 201+ ~CS& 141, ~CS 115 (RCW 28A.230.300)	Math 099*, MATH& 107+, ~ACCT 104, ~CS 121 ~ACCT& 201+ ~CS& 141 (RCW 28A.230.300)	MATH 098*, MATH 099*, MATH& 107+, ~ACCT 101, ~BUS 145 MATH 097* ~ACCT& 201+ ~CS 209+ (RCW 28A.230.300)	MATH 098*, MATH 099*, MATH& 107+, ACCT 111, ACCT 121, ACCT& 201+, ENGT 131, ENGT 132 ~MATH 090 ~CS& 141 (RCW 28A.230.300)
Science	ASTR& 100+, ATMS 101, BIOL 120+, CHEM& 105+, ENV&S 101+, GEOL& 101+, NSCI 101+, OCEA& 101+, PHYS& 100+ ~IT-CS 142 (RCW 28A.230.300)	ASTR& 100+, BIOL&100+, CHEM&110, BOT 113+, ATMS 101, ENV&S 100+, GEOL 102+, OCEA& 101+, PHYS 102+ ~CS& 141, ~CS 110 (RCW 28A.230.300) NAT S 107	ASTR& 110+, ANTH& 215, BIOL& 100+, CHEM& 110+, GEOL& 101+, PHYS& 110+, ENV&S 101+, HORT 102+ ~CS& 141, ~CS 115 (RCW 28A.230.300)	ASTR& 101+, BIOL 107+, CHEM& 110+, ENV&S 100+, GEOL& 101+, PHYS 110+, OCEA& 101+ ~CS& 141 (RCW 28A.230.300)	ASTR& 100+, BIOL& 100+, BOTAN 110+, CHEM 100+, ENV&S 100+, OCEA& 101+, PHYS& 100+ GEOL& 101+, ENV&S 100, ANTH& 215, ~CS 209+ (RCW 28A.230.300)	CHEM& 121+, PHYS& 114+, ENV&S 101, HORT 103+, GEOL& 101 BIOL& 160 ~CS& 141 (RCW 28A.230.300)
U.S. History	HIST& 146, HIST& 147, HIST& 148	HIST& 146, HIST& 147, HIST& 148	HIST& 146, HIST& 147, HIST& 148 HIST 104, HIST 105, HIST 106	HIST& 136, HIST& 137, HIST& 146, HIST& 147	HIST& 146, HIST& 147, HIST& 148	HIST& 146, HIST& 147, HIST& 148

	Cascadia College	Everett Community College	Edmonds Community College	Shoreline Community College	Bellevue College	Lake Washington Technical College
Government	POLS& 202, POLS& 204, POLS 206	POLS& 202, POLS& 204, POLS 205	POLS& 202, POLS& 204, POLS 206	POLS& 202	POLS& 202	POLS& 202
WA State History	HIST& 214	HIST& 214	HIST& 214	HIST& 214	HIST& 214	Not Available
World History	HIST& 126, HIST& 127, HIST& 128	HIST 103, HIST 111, HIST 112	HIST 111, HIST 112, HIST& 116, HIST& 117, HIST& 118, HIST& 126, HIST& 127, HIST& 128	HIST 234, HIST 235, HIST 236, HIST 237, HIST 238 HIST& 116, HIST& 117, HIST& 118	HIST 103 HIST 120	HIST& 126
World Language	ASL& 121+, CHIN& 121+, FRCH& 121+, JAPN& 121+, SPAN& 121+	ASL&121+, ARAB 121 +, CHIN& 121+, FRCH& 121+, GERM&121+, ITAL 121+, JAPN& 121+, RUSS&121+, SPAN 121+, SWA 121+	ARAB 100+, ASL&121+, FRCH& 121+, JAPN& 121+, SPAN& 121+	ASL& 121+, CHIN& 121+, FRCH& 121+, JAPN& 121+, SPAN& 121+	ASL121+, CHIN&121+, FRCH&121+, GERM& 121+, ITAL 121+, JAPN& 121+, SPAN& 121+	ASL& 121+, SPAN& 121+
Fine Art	ART 100+, DRMA& 101+, MUSC 105+	ART 100+, DRMA 100+, PHOTO 110+, FILM 100+, MUSC 105+ GRAPH 113+	ART 100+, DANCE 130+, VISCO 110+, MUSC 101+, DRMA& 101, PHOTO 101+	ART& 100+, CINEM 201+, DRMA& 101+, MUSC 100+, VCT 101+	ART 100+, DANCE 130+, DMA 100+, DRMA& 101+, MUSC 100+	ART& 100+, DSGN 117+,
Physical Ed	Not Available	PEHW 100-199	PE 100+	PE 105+, NUTR 188	PE 100+	Not Available
Health		PEHW 203 (health only)	HLTH 100+	Not Available	HLTH 250	Not Available
Career & Technical Education	Any Business, Technology, Vocational, or Family & Consumer Science course level 100 or greater. Speak with your school counselor for information.					
NOTES:					# of High School Classes	Free College Credits
An * symbol indicates a course under 100 level; this class will not be paid for through Running Start. A ~ symbol indicates that course is equivalent to a third-year math or science course. An & symbol in the title indicates that course is equivalent at community colleges across the state. Any course not listed in a subject area above can be Any course not listed in a subject area above can be taken but Each college credit is equal to 0.2 high school credit. (Example: 5 college credits = 1.0 high school credit)					0-1	15
					2	12
					3	10
					4	6
					5	3
					6	0

College vs. High School Credits

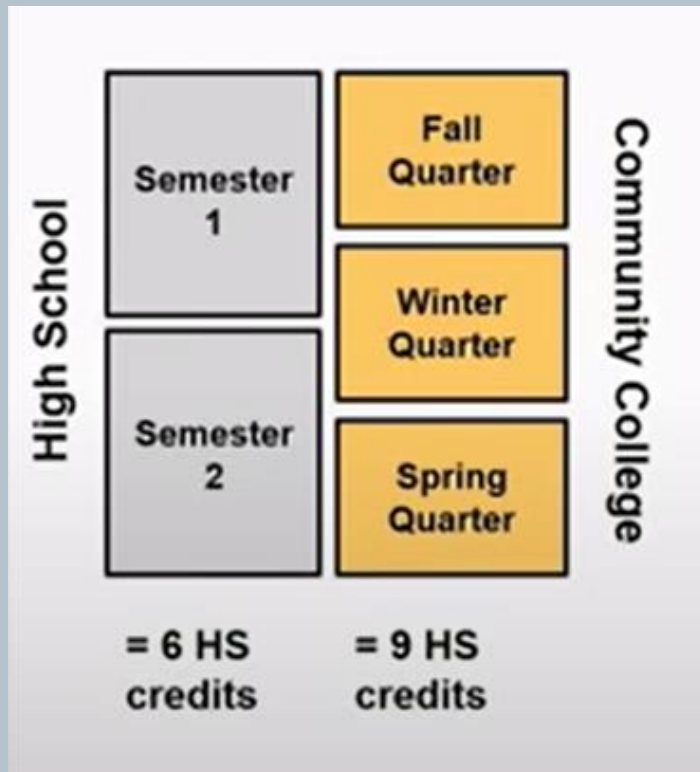
$$5 = 1$$

College vs. High School Credits

College Credits	High School Credits
1	0.2
2	0.4
3	0.6
4	0.8
5	1.0

- One 5 credit college class is equivalent to 1 credit at the high school. For example, if you take English 101 (5 credits) at the community college that will count for the entire year of English 11 at the high school.

Semesters vs. Quarters



- GP has two semesters → 3 high school credits per semester → 6 high school credits per year
- Running Start has three quarters → 15 college credits/3 high school credits per quarter → 45 college credits/9 high school credits per year

Credits and Schedules

Sample
Running Start
Schedule at a
college with
15 credits per
quarter

	Fall	Winter	Spring
	English 101 (5)	US History 146	Physics 101
	Math 141	Spanish 123	Art 101
	Elective	Math 142	Elective
High School Credits Earned	3	3	3

Sample GP
Schedule
Junior Year

	Semester 1	Semester 2
	English 11 A	English 11 B
	Physics A	Physics B
	Precalculus A	Precalculus B
	US History A	US History B
	Spanish 3 A	Spanish 3 B
	Elective A	Elective B
High School Credits Earned	3	3

Which colleges do GP students attend?

A decorative horizontal line composed of small, light brown dots, slightly wavy in its path, spanning the width of the slide below the title.

Everett
Community
College

Ocean Research
College Academy
(ORCA)
through EvCC

Cascadia College

Edmonds
Community
College

Lake Washington
Institute of
Technology

Bellevue College

ORCA - Ocean Research College Academy @EvCC



ORCA is an early college academy for high school students, who can earn up to two years of college credit while completing their high school education. Most students graduate with an associate degree in addition to a high school diploma.

ORCA Program Information Sessions (Blue Heron Room at the Port of Everett Waterfront Center).

- Thursday, February 29, 2024 @ 6:00-7:30pm.
- Thursday, April 18, 2024 @ 6:00-7:30 pm.

Running Start Enrollment Steps

	Person(s) Responsible	Task	Complete through GP or College?
1	Student/ Parent	Read through this packet.	Glacier Peak High School (GP)
2	Student/ Parent	Go to the Running Start webpage of the college of your choice to sign up and attend a Running Start information session (if offered by the college). Google Search: "Name of College" and "Running Start" <ul style="list-style-type: none"> Colleges most attended by GP students: Everett Community College Cascadia College Edmonds Community College Bellevue College Lake Washington Technical Institute 	College
3	Student	Apply to the College Online	College
4	Student	Complete English and/or Math placement. take Accuplacer (recommended) or submit Transcript or SBA scores Use your transcript from registration and SBA scores in Skyward under Portfolio	College
5	Student/ Parent	Read and sign the GP Running Start Agreement	GP
6	Student & School Counselor	Send signed agreement to Mrs. Hoiem to make an appointment (tracy.hoiem@sno.wednet.edu) <ul style="list-style-type: none"> GP Running Start packet with signed contract Placement results (English and/or Math) RSEVF Your part completed with CTC Link ID 	GP
7	Student	Send the RSEVF to the Running Start Office at the college.	College
8	Student	Complete college requirements for advising and register for classes online at the college.	College

Running Start Enrollment Verification Form (RSEVF)

- Your RSEVF is completed with your high school counselor **EVERY** quarter you attend Running Start.
- It is your responsibility to schedule an appointment with your counselor to complete your RSEVF at least 7 days before your registration date
- Your registration will be blocked each quarter until you submit your RSEVF



Student

Student Name: _____
Last Name First Name MI
Home Phone: _____ Cell Phone: _____
Email Address: _____ High School SID#: _____
Responsible Parent/Guardian: _____
College: _____ College SID #: _____

☐ Check if this is a revision
☐ New Student
☐ Returning Student
☐ Student Enrolled in Multiple Colleges
☐ Spring Quarter Eligibility Adjustment Form (SQEAF) attached.

Free and Reduced-Price Lunch (FRPL) Status (required to be completed)
Students who are currently FRPL-eligible (or anytime in the past five school years) may receive tuition and fee waivers from a college.
Is the student currently or previously eligible for FRPL? ☐ Yes ☐ No HS Counselor Initials: _____
The parent or guardian signature below provides permission to share FRPL eligibility status only with the college for the purpose of ensuring access to tuition and/or fee waivers. Choosing not to sign the consent will not affect the student's eligibility for access to Running Start or free and reduced-price meals. The individuals and programs receiving the information will not share the information with any other entity or program.
Parent/Guardian Signature: _____ Date: _____
School Year: _____ College Term: ☐ Quarter ☐ Semester
High School: _____
Fall, Winter, Spring Qtr. / 1st or 2nd Sem.
District: _____ Grade Level: ☐ 11th ☐ 12th ☐ 5th Year Sr^o
For the college term ^a above, the student will be enrolled in high school and skill center classes equaling _____ full-time equivalent (FTE). Student may register for a maximum of _____ college credits, without incurring college tuition costs, based on the above stated high school/skill center FTE.
Comments: _____

Running Start Funding Limit Table					
Enrolled High School			Available College Enrollment		
Weekly Minutes based on high school bell schedule	FTE		Max Allowed FTE	Max Credits	
0 - 8	0.00	0.00	1.40	21 *	
9 - 124	0.01	0.07	1.33	20 *	
125 - 224	0.08	0.13	1.27	19 *	
225 - 341	0.14	0.20	1.20	18	
342 - 457	0.21	0.27	1.13	17	
458 - 557	0.28	0.33	1.07	16	
558 - 674	0.34	0.40	1.00	15	
675 - 790	0.41	0.47	0.93	14	
791 - 890	0.48	0.53	0.87	13	
891 - 1,007	0.54	0.60	0.80	12	
1,008 - 1,123	0.61	0.67	0.73	11	
1,124 - 1,223	0.68	0.73	0.67	10	
1,224 - 1,340	0.74	0.80	0.60	9	
1,341 - 1,456	0.81	0.87	0.53	8	
1,457 - 1,556	0.88	0.93	0.47	7	
1,557 - or more	0.94	1.00	0.40	6	

^a Students should check with college about the maximum number of credits allowed. Overages may require college approval.

High School Counselor & Running Start Advisor/Rep

Recommended Running Start Classes:

College Course (Dept. & Number)	# of College Credits		High School Equivalency	# of HS Credits
		=		
		=		
		=		
		=		

Signature of High School Counselor _____ Date _____

Signature of College Running Start Advisor/Rep _____ Date _____

High School Counselor Printed Name _____ Phone Number _____

College Running Start Advisor/Rep Printed Name _____ Phone Number _____

Student & Parent/Guardian

I understand that:

- The student is responsible for understanding when their choice of college course and credit load will result in tuition charges. If the student enrolls for more high school and college credits than are identified in the Running Start State Funding Limit Table, the student is responsible for:
 - 1) paying all college tuition and fees associated with exceeding the college credits identified in the table; or
 - 2) withdrawing from the excess college or high school course(s).
- The student is required to pay any class/lab fees charged for college classes.
- Enrollment in specific college classes cannot be guaranteed—even if the classes are needed to fulfill high school graduation requirements.
- To add/withdraw from a course, the student must complete the college Add/Drop process by the college deadline and notify the high school counselor.
- The student is responsible for ensuring that college courses completed as part of the Running Start program will meet high school graduation requirements.
- If the student plans to transfer, it is the student's responsibility to determine college admissions policies/deadlines and whether credits will transfer.
- After completing the college coursework, students are responsible for requesting official college transcripts through the college's registrar office.

Per the U.S. Department of Education, "If a student is attending a postsecondary institution - at any age - the rights under FERPA have transferred to the student. However, in a situation where a student is enrolled in both a high school and a postsecondary institution, the two schools may exchange information on that student. If the student is under 18, the parents still retain the rights under FERPA of the high school and may inspect and review any records sent by the postsecondary institution to the high school. Additionally, the postsecondary institution may disclose personally identifiable information from the student's education records to the parents, without the consent of the eligible student, if the student is a dependent for tax purposes under the IRS rules."

I acknowledge that I have read and understand both sides of this form, and will comply with the conditions of Running Start participation and the expectations of college course enrollment.

Student Signature (REQUIRED) _____ Date _____

Parent/Guardian Signature (REQUIRED for students under 18) _____ Date _____

Running Start Placement



Students should place into college level English and/or Math



Placing into English 101 predicts that students are academically ready to take college level courses



Each college has placement options



Please review the placement requirements at each college you are considering

Running Start

Is Running Start right for you?



Are you an independent learner?



What are your goals in taking college classes?



What are your post high school plans?



Are you comfortable with diverse situations?



Are you excited about academic challenges?

- Register for GP classes until you are a registered Running Start student.
- Social life – will you miss your high school relationships?
- Academic rigor – are you ready?
- Maturity and Independence
- Cost of books, fees, parking, transportation
- Conflict with high school schedules and holiday breaks
- Quarters vs. Semesters
- Availability of required courses
- Stay connected to GP through the GP Daily Bulletin, and GP Website

Final Thoughts to Consider



Running Start Questions

Text (360) 362-1744