

Running Start

GP COUNSELING DEPARTMENT



What is Running Start?

- Dual credit program at a community college:
 - **Available for high school juniors and seniors**
 - **Tuition-free courses taken at the community college and taught by college instructors**
 - **Families pay for textbooks, fees, parking, any classes under 100 level. Summer school courses are not included**
 - **Transportation is not provided to the college**
 - **Fall, Winter and Spring quarters**
 - **Placement in college level courses is required for tuition free enrollment**

Is Running Start right for you?

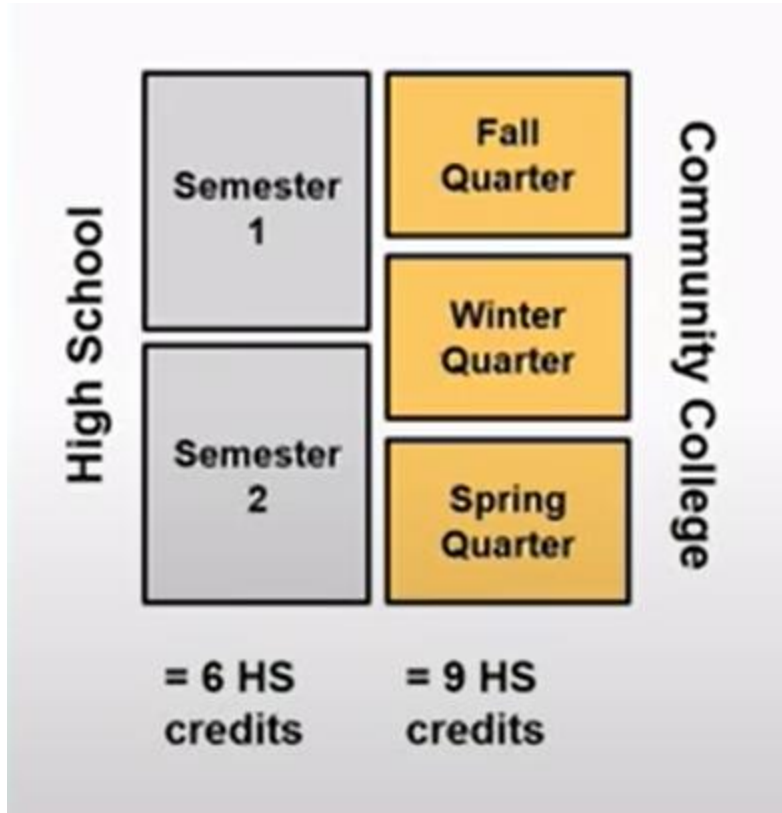
- Are you excited about academic challenges?
- Have you done well in your previous academic work?
- Can you be assertive and ask for help?
- Are you comfortable with diverse situations?
- Are you an independent learner?
- Do you have transportation to Running Start?



How many classes can a Running Start students take?

Periods at GPHS	Tuition-Free College Credits
0-1	15
2	12
3	10
4	7
5	4
6	3

Semesters Vs. Quarters



- At Glacier Peak we have semesters; you can take 6 credits per year (3 per semester).
- At Running Start you can take up to 15 college credits per quarter (3 high school credits) for a total of 45 per year (9 high school credits).

College vs. High School Credits

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

A Running Start student is eligible up to a maximum of 15 college credits tuition-free per quarter. This is considered a full time college student. If you are part-time, you will be eligible for less credits per quarter.

- One quarter-long 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.

Which colleges do GP students attend?

- Everett Community College
- Cascadia College
- Edmonds Community College
- Ocean Research College Academy (ORCA) through EvCC
- Lake Washington Institute of Technology
- Bellevue College



Academic Rigor

- College classes
- Quarter system (10 weeks)
- Fast paced learning environment
- Critical thinking vs. memorizing
- For every 1 hour of class, dedicate 2-3 hours to studying and completing homework



Running Start Application Process



CHOOSE A
COLLEGE



VISIT THEIR
RUNNING START
WEBSITE



COMPLETE
MATH/ENGLISH
PLACEMENT



APPLY ONLINE



WAIT FOR THE
ACCEPTANCE
EMAIL

Running Start Placement

- Students should place into college level Math and English.
- Placing into English 101 predicts that students are academically ready to take college level courses
- Each college has placement options
 - High School Transcript and GPA
 - SBA High School/SAT/ACT/AP Exam scores
 - ACCUPLACER
 - **(Accuplacer prep: <https://accuplacer.collegeboard.org/students/prepare-for-accuplacer/practice>)**

Running Start Enrollment Process



ONCE ACCEPTED,
STUDENTS ATTEND A
COLLEGE ORIENTATION
ONLINE OR IN PERSON



MAKE AN APPOINTMENT
WITH YOUR GP
COUNSELOR TO
COMPLETE YOUR
RUNNING START
ENROLLMENT
VERIFICATION FORM
(RSEVF)



STUDENTS COMPLETE
ENTRY ADVISING AT THE
COLLEGE



STUDENTS MUST EMAIL
THEIR RSEVF TO THE
RUNNING START OFFICE



STUDENTS REGISTER FOR
COLLEGE CLASSES
ONLINE THROUGH THE
COMMUNITY 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: _____ SSID#: _____

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 for 2020-21 school year)
 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 eligible for FRPL? Yes No HS Counselor Initials: _____

The parent or guardian signature below provides permission to share FRPL eligibility status only with the Running Start 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 or free milk. The individuals and programs receiving the information will not share the information with any other entity or program.

Parent/Guardian Signature: _____ Date: _____

School Yr: _____ College Term: College Quarter College Semester

High School: _____
Fall, Winter, Spring Qtr. / 1st or 2nd sem.

District: _____ Grade Level: Jr Sr 5th Yr 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	
Weekly Minutes *	FTE	Max Allowed FTE	Max Credits
0 - 341	0.00 - 0.27	1.00	15
342 - 457	0.21 - 0.27	0.73	14
458 - 557	0.28 - 0.30	0.87	13
558 - 674	0.34 - 0.40	0.70	12
675 - 790	0.41 - 0.47	0.73	11
791 - 890	0.48 - 0.53	0.77	10
891 - 1,007	0.54 - 0.61	0.60	10
1,008 - 1,123	0.61 - 0.67	0.53	8
1,124 - 1,223	0.68 - 0.73	0.47	7
1,224 - 1,340	0.74 - 0.80	0.40	6
1,341 - 1,456	0.81 - 0.87	0.33	5
1,457 - 1,556	0.88 - 0.93	0.27	4
1,557 or more	0.94 - 1.00	0.20	3

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 his or her choice of schedule will result in tuition charges. If the student enrolls for more high school or college credits than are identified in the Running Start State Funding Limit Table, the student is responsible for:
 - paying all college tuition and fees associated with exceeding the college credits identified in the table; or
 - 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.
- The student and parent's signatures below provide permission for the high school and college to share the Running Start student's academic records, which can include the student's grades, billing, registration, and attendance records regardless of whether FERPA rights belong to the student or parents.
- After completing the college coursework, students are responsible for requesting official college transcripts through the college's registrar office.

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.

Do I pick "Full Time" or "Part Time" when registering for classes at GP?

- Select "Full Time Running Start" in Skyward if you don't plan on taking any classes at Glacier Peak
- If you are planning on taking any classes at Glacier Peak add those classes and select "Part Time Running Start" in Skyward

What classes do students take?

- Running Start students meet with their high school counselor every quarter to talk about which classes they need to take in order to fulfill their high school graduation requirements.
- Running Start students will meet with their college advisor to discuss their college goals and which classes they should take in addition to their high school graduation requirements.

Course Equivalencies Chart

- This chart tells you what college classes count for which type of credit at the high school
- For example, if you need to complete US history and you are a running start student at Cascadia college you can take History 146, 147 OR 148 in order to complete that graduation requirement

Snohomish School District Running Start Class Equivalencies																				
	Cascadia College	Everett Community College	Edmonds Community College	Shoreline Community College	Bellevue College	Lake Washington Technical College														
English	ENGL& 101, ENGL &102+	ENGL& 101, ENGL& 102+, JOURN 101, JOURN 110, JOURN 111	ENGL& 101, ENGL& 102+, HUM 108, HUM 109, HUM 235, JOURN 115+	ENGL& 101, ENGL& 101H, ENGL& 102, ENGL& 102H+	ENGL& 101+	ENGL& 101, ENGL& 102+														
Mathematics	MATH 095*, MATH& 107+, ACCT 140	MATH 096*, MATH 099*, MATH 100+	MATH 097*, MATH& 107+	MATH 099*, MATH& 107+, ACT 104, CS 121	MATH 098*, MATH 099*, MATH& 107+, ACCT 101, BUS 145	MATH 098*, MATH 099*, MATH& 107+, ACCT 111, ACCT 121, ACCT& 201+, ENGT 131, ENGT 132														
Science	ASTR 100+, ATMS 101, BIOL 100+, CHEM 105+, ENVIS 101+, GEOL 101+, NSCI 101+, OCEA& 101+, PHYS& 100+	ASTR 100+, BIOL100+, CHEM&110, BOT 113+, ATM 5 101, ENVIS& 100+, GEOL 102+, OCEA& 101+, PHYS 102+	ASTR& 110+, ANTH 215, BIOL& 100+, CHEM& 110+, GEOL& 101+, PHYS& 110+, ENVIS& 101+, HORT 102+	ASTR& 101+, BIOL 107+,	ASTR& 100+, BIOL& 100+,	CHEM& 121+, PHYS& 114+, ENVIS& 101, HORT 103+, GEOL& 101														
U.S. History	HIST& 146, HIST& 147, HIST& 148	HIST& 146, HIST& 147, HIST& 148	HIST& 146, HIST& 147, HIST& 148	HIST& 136, HIST& 137, HIST& 146, HIST& 147,	HIST& 146, HIST& 147, HIST& 148	HIST& 146, HIST& 147, HIST& 148														
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 103	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+, GRAPH 100+, PHOTO 110+, FILM 100+, MUSC 105+	ART 100+, DANCE 130+, VISCO 110+, MUSC 101+, DRMA& 101, PHOTO 101+	ART& 100+, ARTJ 204+, 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 100+, NUTR 188	PE 103+	FTNS 100+														
Health	Not Available	PEHW 203	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:				<table border="1"> <thead> <tr> <th># of High School Classes</th> <th>Free College Credits</th> </tr> </thead> <tbody> <tr> <td>0-1</td> <td>15</td> </tr> <tr> <td>2</td> <td>12</td> </tr> <tr> <td>3</td> <td>10</td> </tr> <tr> <td>4</td> <td>8</td> </tr> <tr> <td>5</td> <td>6</td> </tr> <tr> <td>6</td> <td>5</td> </tr> </tbody> </table>		# of High School Classes	Free College Credits	0-1	15	2	12	3	10	4	8	5	6	6	5	Updated: 11/14/2019
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0-1	15																			
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5	6																			
6	5																			
An * symbol indicates a course under 100 level; this class will not be paid for through Running Start.																				
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 taken, but will be given elective credit only.																				
Each college credit is equal to 0.2 high school credit. (Example: 5 college credits = 1.0 high school credit)																				

Final Thoughts to Consider

- 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
- Financial Aid Impact-Dual credits and completion rate will impact financial aid eligibility; please contact financial aid advisors for more information
- FERPA: Limited Parent Accessibility

Thank You!

- Thank you for reviewing our presentation about running start
- Please take the Microsoft forms quiz on the following page
- Once complete email your school counselor to set up an appointment
 - **Mrs. Amador (A-Com): tammy.amador@sno.wednet.edu**
 - **Ms. Hansen (Con-Has): amanda.hansen@sno.wednet.edu**
 - **Mrs. Weimar (Hat-McE): brianna.weimar@sno.wednet.edu**
 - **Mr. Chertok (McF- R): benjamin.chertok@sno.wednet.edu**
 - **Mrs. McHugh (S-Z): danielle.mchugh@sno.wednet.edu**

Microsoft Forms Quiz Link

<https://forms.office.com/Pages/ResponsePage.aspx?id=jPKRUGKrBEyMrT4eT5futO0e5GknURtLqquMG8oZaoZUME5CMVdBRUdDU0szRkU2QU1FVVZPNzZLWC4>

- Make sure to view your results at the end!