



Running Start



Equity and Family Partnership Department
Student Intervention – Counseling Department
Issaquah School District
February 2023

Purpose

- To provide a brief overview of Running Start.
- Insight into the program to help families decide if they want to attend Running Start information nights at the various colleges.

What is Running Start?

- WA state program that allows HS students in their 11th and 12th grade year to attend college-level classes at a local college – tuition free
- Grade and credits earned for both high school and college (Dual Credit)
- All Running Start students continue to be ISD students.
- Student can continue to participate in sports, club and activities/events at the high school.
- Students have access to school counselors (mental health and academic support).

College Class schedule

- Students can take either a full-time or part-time schedule.
- Full time schedule means students take three 5-credit college classes each quarter (15 college credits = 3 HS credits).
- Part-time schedule – some high school classes and some Running Start classes.
- Three quarters per year
 - Fall quarter -- Late September to December
 - Winter quarter – January to March
 - Spring quarter – March to late June

Running Start college schedule

- College classes start time can vary – as early at 6:30 am to nearly 10 pm
- Classes maybe in person, online or hybrid
- Class selection and class schedules may vary each quarter
- Classes composed of people ages between 16-40+
- No separate classes in for students in the Running Start program (high school students learn alongside adult students)
- Student schedule – student choice (what works best for them), within limits of space availability.

Classes and credits

- Some classes in colleges meet every day
 - Some classes meet 2 or 3 times per week
 - Students can take any class offered college, prioritize a plan for meeting graduation requirements.
 - For some classes, students may need to meet prerequisites or score a certain level on the placement test to be eligible (see college course catalog, talk with school counselor)
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- A 5-credit college quarter class = 1.0 high school credit (like a full-year HS class).
 - A 3-credit college quarter class = 0.5 high school credit (like a semester class).

Colleges most ISD students attend for Running Start

- Bellevue College
- Central Washington University – Sammamish Campus
- Renton Technical College
- Lake Washington Institute of Technology
- Green River Community College
- Other options may exist – talk to your school counselor

Cost of Running Start

- Full-time Running Start program pays for up to 15 college credits per quarter.
- The number of college credits available for part-time student can vary – consult with your school counselor.
- You can take more credits that Running Start will cover, BUT you have to pay tuition for the additional credits.
- Does not cover textbook fees.
- Does not cover class fees (if applicable for the class) – art supplies, automotive class at RTC
- No transportation provided - (all students under age 18 have access to a free Orca (bus) pass)
- Does not cover incidental costs – meals, parking
- Student can apply for financial aid at the college for cost of textbooks, fees, etc

What classes can a student take?

Classes that are 100-level or higher – **all are college-level classes.**

- English – begins with ENGL101, many composition and literature options available.
- Social Studies – specific courses can meet World, Civics, US History, and NW Studies requirements. Several additional Social Science departments available (Psychology, Sociology, Geography, Political Science, etc.)
- Math – college-level math is above Algebra 2
 - Students need to complete Algebra 2 before taking math in Running Start
- Science – students need to be ready for college-level curriculum and pacing; there are many science departments, check for prerequisites
 - Chemistry and Physics students may need to demonstrate a level of math proficiency

Array of courses/departments/class availability depends on the college – check their course catalogs or ask your school counselor.

*School Counselors provide an equivalency sheet that explain which college courses will meet each high school graduation requirement. Not all colleges have an offering for every graduation requirement.

RUNNING START – Bellevue College course equivalencies for ISD graduation requirements

English

English 11: ENGL&101

English 12: ENGL&101, if ENGL&101 was already completed:

- Any course in the English (ENGL) department at or above the 100-level, with the following EXCEPTIONS: ENGL103, 180, 190, 299, or any Independent Studies or Special Topics courses.
- CVST 141

Social Studies

NW Studies: HIST&214

World History: HIST 101, HIST 102, HIST 103

US History: HIST&146, HIST&147, HIST&148

Civics: POLS&202

(generally offered only once a year)

(pick any one of these three for 1.0 world credit)

(pick any one of these three)

Math

For information on placing into BC Math classes, visit: <https://www.bellevuecollege.edu/testing/placement/>

Any course in the Mathematics (MATH) department at or above the 100-level is accepted for Math credit (excluding any Independent Studies or Special Topics courses).

Running Start tuition only covers college-level coursework (100-level or above). HS level courses below the 100 level (like Alg 2) are not covered by Running Start, and should be taken at the high school. After consultation and approval from a counselor, families can opt to pay tuition for HS level classes at BC. NOTE: a 3-credit BC below 100 level earns .3 credit on HS transcript, rather than 1.0 credit.

Science

Classes in the following departments are accepted for Science credit (excluding any Independent Studies or Special Topics courses), and any 6-credit classes in these departments meet the Lab Science requirement:

- Astronomy (ASTR), Biology (BIOL), Botany (BOTAN), Chemistry (CHEM), Environmental Science (ENVS), Geology (GEO), Meteorology (METR), Nutrition (NUTR), Oceanography (OCEA), Physics (PHYS)

Additionally, these SPECIFIC classes are accepted for Science, with Lab Science classes indicated with (L):

- ANTH: 205, 215(L); GEOG: 108, 205, 206(L); PSYC: 202

World Language: For BC's World Language Dept FAQ, please visit: <https://www.bellevuecollege.edu/wsr/language/faq/>

Bellevue College offers courses in Arabic, ASL, Chinese, French, German, Italian, Japanese, and Spanish

- Course codes marked 121 = first year, 122 = second year, 123 = third year, 221 = fourth year

Health: HLTH250

While Health can be taken at BC, due to the sensitive nature of the content, and potential to share class time with adult students in a college setting, students/families may want to pursue Health through a high school class to ensure coursework and an environment conducive to learn about teenage health issues. NOTE: there is no opt-out component for the HIV/AIDS section of Health 250 at BC, and students will not receive CTE credit for this course.

Physical Education

Classes in the following departments are accepted for PE (excluding any Independent Studies or Special Topics courses):

- Dance (DANCE), Physical Education (PE, RECED)

Art

Classes in the following departments are accepted for Art credit (excluding any Independent Studies or Special Topics courses):

College to HS credit:

6 credits = 1.25 HS

5 credits = 1.0 HS

4 credits = .75 HS

2-3 credits = .5 HS

1 credit = .25 HS

High School Level Math at BC:

Math 085 = .5 Alg1

Math 088 = sem 1 of Alg2

Math 089 = sem 2 of Alg2

Note: no BC classes are equivalent to Geometry or Personal Finance

Consult with your counselor.

Example

- Art (ART), Dance (DANCE), Drama (DRMA), and MUSIC (MUSC) department classes

Additionally, the following specific course codes are accepted for Art credit:

- DMA; 103, 104, 125, 126, INDES; INDES167, INDES171

Career Tech Ed (CTE)

Classes in the following departments are accepted for CTE (excluding any Independent Studies or Special Topics courses):

- Accounting (ACCT), Allied Health (AHE, AHEA, AHEE, AHEL, AHEM, AHEP), American Sign Language (ASL), Business (BA, BUSIT, BUS, BTS), Computer Science (CS), Criminal Justice (CJ), Database Admin (DBA), Digital Media Arts (DMA), Education (ECED, EDUC), Economics (ECON), Engineering (ENGR), Imaging (IMAGE), Info Technology (IT), Interior Design (INDES), Marketing (MKTG), Network Services (NSCOM), Programming (PROG), Technical Support (TECH)

Additionally, the following specific course codes are accepted for CTE credit:

- ART: 108, 150, 151, 154, 254; CES241; CMST: 131, 132, 136, 141, 143, 144, 146, 161, 260; HD: 173, 180; HLTH: 145, 260, 262, 290, 292; INTST: 150, 201; MUSC: 156, 157, 158; NUTR100;

Elective Credit

Any course taken through Running Start will count toward a student's total high school credits to graduate. Any Running Start course not listed above will count toward elective credit needed to graduate. Any course listed above that a student takes after already meeting the related subject area credit requirement (coursework they pursue above and beyond the minimum required to graduate) will also count toward elective credit needed to graduate.

Balancing part-time Running Start schedule

- College quarters do not align with high school semesters. Students need to make a year-long commitment (little flexibility to make big changes)
- Each quarter, part-time Running Start students need to register college classes that do not conflict with their high school schedule. Requires flexibility, planning & timely action.
- Students need to be mindful of travel time.
- Students need to communicate with college professor and high school teacher in the event of a schedule conflict (should be very rare).

Successful students in Running Start are...

- Organized – aware of deadlines for homework, class registration, tuition, etc
- Flexible – find and schedule classes based on what is needed to graduate, adjust plans when a certain class is full
- Committed to attending classes regularly and on time
- Disciplined and self-motivated, without family or HS intervention
- Independently responsible for their own schoolwork, grades, and progress
- Ready for working independently in an adult setting, with older peers, and with less teacher support.
- Ready for transportation – drive self, take bus, carpool or family rides

Students must be Independent

- Apply for program.
- Initiate meeting with high school counselor to plan which classes to take.
- Bring form to school counselor to sign each quarter – this pays tuition, cannot register without it.
- Register for classes on time - find classes you want/need at times that work for your schedule.
- Plan and be aware of important dates (start of quarter, enrollment deadlines, etc)
- **Regularly READ email** communication from the college and the high school.
- Identify when they need supports from the college, and then use them.
- Schedule to meet with high school counselor to each quarter to ensure they are on track to graduate.

Role of High School and School Counselor

- School counselor specifies needed graduation requirements & which college classes meet them, and can offer suggestions about other college class options
- School counselor signs the enrollment (RSEVF) form each quarter (student must schedule appointment and bring form, then submit form to college)
- High school **pays tuition** – student must submit signed RSEVF form for college to receive tuition.
 - No Winter quarter form turned in = no Winter quarter tuition paid.
- High School will add college grades to HS transcript, once college sends them.
 - All RST grades received must be entered onto HS transcript – by state law
- **School counselor does not have access to college at all. Can support student in completing their tasks, does not have any access or power to do it for them.**

Role of Running Start College

- **Communicates with student only (not high school or families)** regarding registration, deadlines, performance
- Running Start students are considered regular **college** students (no special treatment)
- College does NOT share the following information with either school or parents:
 - Attendance
 - Grades in progress
 - Student behavior, etc.
- Colleges have support services – which are accessible to enrolled HS Running Start students.
- College sends final grade at end of quarter to the high school.

**High school has no insight about how student is doing – only gets the final grade in the classes.*

Challenges and Surprises reported by students

- Fast-paced since one 5-credit class covers a whole year of HS curriculum
- Classes have more homework/reading than HS
- Students are often reluctant to contact the college office for assistance.
- Students don't always realize they can meet with college advisor for guidance on college pathways and requirements.
- College on quarter system and high school on semester
 - Breaks and vacations (except Winter break in December) don't line up
 - Cannot drop out of a class and sign up for high school class easily

How can families monitor progress and grades?

- **You must ask your student to show you.**
 - Running Start classes not on high school Canvas
 - Running Start attendance not on Family Access
- After each quarter, families can check Family Access to see final grades once they are posted (may take a few weeks to appear).
- High School transcripts will include the final grades once posted.
- Students are responsible for sharing progress and grades with families.

Students with IEPs or 504s

- Students seeking accommodations **must apply** with the college – college determines supports on their own campus
- Contact college's disability services office well in advance of any published deadlines to apply
- College may require documentation as a part of the application.
- Students with an IEP: start by discussing Running Start with high school IEP team well in advance. IEP team can provide additional support and guidance.

Additional Resources

- IHS: <https://sites.google.com/site/ishscounseling/RST>
- SHS: <https://sites.google.com/site/spartancounselingcenter/running-start-1>
- LHS: <https://sites.google.com/view/lhs-counseling/running-start-information?authuser=0>
- [Running Start FAQs August 2021 \(www.k12.wa.us\)](http://www.k12.wa.us)

Additional Resources

- Bellevue College
 - [Running Start](#), [Course Catalog](#)
- CWU – Sammamish
 - [Running Start](#)
- Lake Washington Institute of Technology
 - [Running Start](#), [Course Catalog](#)
- Renton Technical College
 - [Running Start](#), [Course Catalog](#)
- Green River Community College
 - [Running Start](#), [Course Catalog](#)

Student & Family Information Session

Fall 2023 Quarter Bellevue College

These information sessions are for students that are currently a sophomore or junior in high school and a parent/guardian. [Running Start \(RS\) Information Session Schedule :: Running Start \(bellevuecollege.edu\)](#)

February 25, 2023 RS Information Session Online Via [Teams Live Events](#)

March 11, 2023 RS Information Session Online Via [Teams Live Events](#)

March 25, 2023 RS Fall Quarter 2023 Information Session BC Main Campus Building U

[Running Start Information Session Signup](#)

April 8, 2023 RS Information Session Online Via [Teams Live Events](#)

April 22, 2023 RS Information Sessions at [BC Discovery Day](#).

[Running Start Information Session Signups](#)

May 6, 2023 Fall Quarter 2023 Information Session BC Main Campus Building U

[Running Start Information Session Signup](#)

Student & Family Information Session Central Washington University (Sammamish Campus)

Students and parents are welcome to attend Fall 2023 CWU Running Start Information Sessions. At these sessions, Running Start staff will provide an overview of the Running Start program, explain the admission process, discuss enrolling in classes and applying CWU credit to both high school and college requirements, and are available to answer questions. Sessions are available in person and online.

[RS-Sammamish-Info-Sessions-2023.pdf \(cwu.edu\)](#)

INFORMATION SESSIONS

**Join us In person or on Zoom and ask our
Sammamish Advisor questions about Sammamish
Running Start**

Location: Online (OL) and In Person (IP)

February

(IP)- Wednesday, February 8th: 3:30 pm and 6:00 pm

(OL)- Wednesday, February 15th: 3:30 pm and 6:00 pm

(IP)- Wednesday, February 22nd: 3:30 pm and 6:00 pm

(OL)- Saturday, February 25th: 11:00 am

(IP)- Saturday, February 25th: 1:00 pm

March

(IP)- Wednesday, March 8th: 3:30 pm and 6:00 pm

(OL)- Wednesday, March 15th: 3:30 pm and 6:00 pm

(OL)- Saturday, March 18th: 11:00 am

(IP)- Saturday, March 18th: 1:00 pm

(IP)- Wednesday, March 22nd: 3:30 pm and 6:00 pm

April

(IP)- Wednesday, April 5th: 3:30 pm and 6:00 pm

(OL)- Wednesday, April 12th: 3:30 pm and 6:00 pm

(OL)- Saturday, April 15th: 11:00 am

(IP)- Saturday, April 15th: 1:00 pm

(IP)- Wednesday, April 19th: 3:30 pm and 6:00 pm

May

(IP)- Wednesday, May 3rd :3:30 pm and 6:00 pm

(OL)- Wednesday, May 17th: 3:30 pm and 6:00 pm

(OL)- Saturday, May 20th: 11:00 am

(IP)- Saturday, May 20th: 1:00 pm

Thank you!

High School students – select a full HS schedule of classes for next year during course request process. Requests can be adjusted later, once you've successfully registered for Fall quarter.

Next steps – visit a Running Start program to learn more! Meet with your school counselor to discuss options!