

Running Start

Lake Washington Institute of Technology
Everett Community College
Cascadia College

Agenda

- Overview of the Running Start Program
- Eligibility
- Program Costs
- Important considerations

What is Running Start?

- Students attend classes at community colleges to earn high school *and* college credit.
- Each 5-credit college course equals 1 year of the high school subject.
- Juniors and Seniors can participate up to six college quarters and earn up to 90-126 college credits. (18-21 high school credits)

Eligibility

- Fall, Winter, Spring, and Summer quarters!
- College-level credits only
- Meet the Running Start application requirements of the community college

Program Costs

- Free tuition, based on number of courses being taken at high school
- **Students pay fees**, which varies by college.
- Fee waiver available for those eligible for free/reduced lunch or students receiving public assistance
- Students currently in state foster care may qualify for further assistance through the Education and Training Voucher (ETV)

Important Considerations

- Running Start students are expected to meet the same requirements as other college students
- Students must be organized, meet deadlines, and self-advocate
- Work with your high school counselor to meet high school graduation requirements
- FERPA

LAKE WASHINGTON INSTITUTE OF TECHNOLOGY



LWTech
covers many
areas of study,
delivering a
spectrum of
opportunities
under each
school!



- Accounting
- Business
- Business Technology
- Construction Management

- Human Resource Management
- Transportation, Logistics and Supply Chain Management



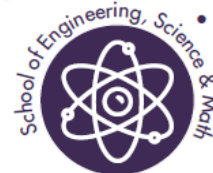
- Electronics Technology
- Machining Technology
- Welding Technology



- Applied Design
- Digital Gaming & Interactive Media
- Design



- Auto Body Technician
- Auto Repair Technician
- Diesel and Heavy Equipment Technician



- Biology
- Center for Architecture, Design & Engineering
- Engineering Transfer
- Math Education



- Baking Arts
- Culinary Arts



- Computer Science
- Computer Security and Network Technology
- Computing and Software Development



- Early Childhood Education



- Environmental Horticulture



- Dental Assistant
- Dental Hygiene
- Fitness Specialist/Personal Trainer
- Funeral Service Education
- Health Sciences
- Medical Assisting

- Medical Billing and Coding Professional
- Nursing/Pre-Nursing
- Occupational Therapy Assistant
- Physical Therapist Assistant
- Public Health
- Social and Human Services

Find Out More!

Contact an Admissions Coach: (425) 739-8381

LWTech.edu/programs

LAKE WASHINGTON INSTITUTE OF TECHNOLOGY

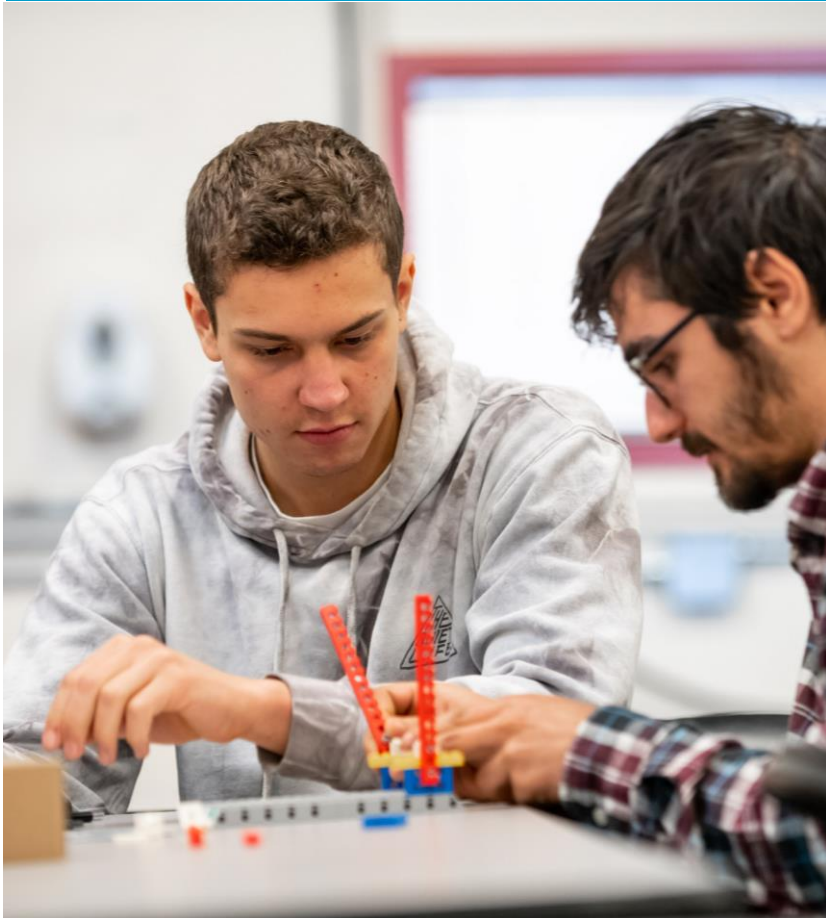


What Makes LWTech Unique?

Washington State's **ONLY** Public Institute of Technology

- Affordable
- Hands-on applied learning
- Small class sizes
- Learn industry driven credentials
- Diverse student body
- Earn HS Diploma, Certificates, Associates, Bachelor, and Transfer degrees

LAKE WASHINGTON INSTITUTE OF TECHNOLOGY



WHY RUNNING START @LWTECH

- **Personalized Student Supports**
 - 1:1 Academic Advising (with both advisor and faculty)
 - FREE tutoring, Disability Student Services, TRiO Program, Supplemental Instruction Tutoring Center
- **No Enrollment Fees**
 - No Application Fees
 - No Running Start Admission Fees
 - No Placement Testing Fees
- **Textbook Loan Program**
 - Available to ALL Running Start students
- **Qualified Low-income Family:**
 - Scholarship up-to \$1000
 - ORCA card: unlimited
 - Technology Fee waived
- **FREE PARKING!**
- **Seattle Times readers recently voted LWTech the “Best Trade/Technical School in the Pacific Northwest”**

Enrolling with Running Start



STEPS TO ENROLL

①

• Fill Out the LWTech Online Admissions Application!

- Go to LWTech.edu/Apply and select Running Start under "I will be enrolling as a..."

②

• Email Proof of English 101 Placement

- Email document showing placement to Running.Start@lwtech.edu by 12/15.

③

• Complete Enrollment Paperwork

- If it is determined that you are eligible for the Running Start program, **you will receive a link** to complete the **Running Start Agreement** and **additional forms** to enroll by 12/15.

④

• Meet With a Running Start Advisor

- Make an appointment to meet with a Running Start advisor to select classes and register.
- All documents must be filled out before the registration appointment
- The **deadline** to register is no later than one business day prior to the start date of each quarter.

Next Year with Running Start



IMPORTANT DATES – FALL 2024

- **May 20:** The first day new RS students can have meetings with the RS Advisors to register for classes.
- **September 13:** Fall application deadline
- **September 16:** Last day to turn in Running Start Enrollment Verification Form (RSEVF) for Fall Quarter.
- **September 23:** Fall Quarter class begins. Instructor permission required to add classes.
- **October 29:** Start registration for Winter 2025 Quarter
- **December 6:** Fall Quarter class ends.



Contact Us Lake Washington Institute of Technology

Phone: (425) 739-8107

Running.Start@LWTech.edu

11605 132nd Avenue NE, Kirkland, WA
98033

East Building, E214

www.lwtech.edu/runningstart

Meagan Carmack- Running Start Coordinator

Meagan.Carmack@LWTech.edu

Dana Nasby - Running Start Advisor

Dana.Nasby@LWTech.edu

Everett Community College (EvCC)

LOCATIONS

Main Campus – North Everett

Cosmetology – Marysville

Advanced Manufacturing and Technology Education Center (AMTEC) – North Everett

Ocean Research College Academy (ORCA) – Port of Everett

EvCC PATHWAYS

Advanced Manufacturing and Aerospace

Arts

Business

Healthcare

Humanities

STEM

Social Science, Education, and Public Safety



EvCC Running Start Eligibility

EvCC Running Start requires placement in English and Math.

PLACEMENT DOCUMENTS

High school transcript (Required)

- 2.5 cumulative GPA for ENGL& 101 placement
- Two semester grades in Math
- No Pass/Fail or Credit/No Credit grades are considered
 - Sky Valley Education Center students should get a letter from their high school Math teacher for grade percentages

EvCC SELF-DIRECTED ENGLISH PLACEMENT

ACCUPLACER TEST FOR MATH (\$33.70)



EvCC Running Start Admissions

NEW STUDENTS

Students that have **never applied to EvCC** and **do not have an EvCC student account**.

- Submit the EvCC ctcLink Running Start application
- Submit the EvCC Placement Form

CURRENT EvCC STUDENTS

Students that **have an existing EvCC student account** (i.e., other dual credit program participation, applied but never registered, etc.).

- Submit the EvCC Dual Credit Programs Update Form (Google Form)
- Submit the EvCC Placement Form

For details, visit www.EverettCC.edu/RunningStart

	Winter 2024	Spring 2024	Summer/Fall 2024
Application Priority Deadline	October 11	February 18	May 1
Registration Opens	November 14	February 28	Late May

Enrollment Process

ONCE ADMITTED, STUDENTS WILL...

- Complete the EvCC mandatory online orientation.
- Meet with their high school counselor to complete the Running Start Enrollment Verification Form (RSEVF)
- Complete mandatory entry advising.
- Submit the RSEVF to the Running Start staff via email at runningstart@everettcce.edu.
- Register for classes.

Washington Office of Superintendent of
PUBLIC INSTRUCTION

2023-24 Running Start Enrollment Verification Form

Student	Student Name: _____ <div style="display: flex; justify-content: space-between; font-size: small;"> Last Name First Name MI </div>	<input type="checkbox"/> Check if this is a revision
	Home Phone: _____ Cell Phone: _____	<input type="checkbox"/> New Student <input type="checkbox"/> Returning Student <input type="checkbox"/> Student Enrolled in Multiple Colleges
	Email Address: _____ High School SID#: _____	<input type="checkbox"/> Spring Quarter Eligibility Adjustment Form (SQAFA) attached.
	Responsible Parent/Guardian: _____ College: _____ College SID #: _____	

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

* 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 at 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 _____

Ocean Research College Academy (ORCA)

- **Full time** option for EvCC Running Start Students.
- Small community of connected learners focused on research.
- Applied, focused learning that fosters collaboration, critical thinking and communication.
- ORCA students earn an Associate degree because they complete the math, science, English and History requirements for **both** HS and EvCC.



EvCC Running Start & ORCA

CONTACT US!

Running Start

www.EverettCC.edu/RunningStart

Email: runningstart@everettcc.edu

Call/Text: 425-388-9040

ORCA

www.EverettCC.edu/ORCA

Email: orca@everettcce.edu





Cascadia College



What Makes Cascadia Unique?

- We share resources (and a campus) with the UW Bothell
- Cascadia College students have access to the same library resources and databases as UW students.
- You can borrow books/resources from any UW campus.
- Cascadia uses an integrated learning model where your academics are applied to the real world
- Our mascot is the Kodiak Bear, and that's pretty cool.



What can I study at Cascadia College?

FIND YOUR PATHWAY

@ Cascadia College

Areas of Interest

Pathways



BUSINESS

- Accounting
- Business
- Economics (BA Focused)
- Economics (BS Focused)

COMMUNICATION, CREATIVE ARTS & DESIGN

- Architecture
- Arts (studio/visual)
- Communication Studies
- Film Studies
- Graphic Design
- Philosophy
- English Language, Literature, Writing
- World Languages



EARTH SCIENCES, SUSTAINABILITY, AND ENVIRONMENTAL STUDIES



- BA of Applied Science in Sustainable Practices
- Environmental Studies
- Environmental Sciences
- Geology
- Marine Biology

HEALTH & WELLNESS

- Pre-Dental
- Pre-Medicine
- Pre-Nursing
- Pre-Pharmacy
- Pre-Nutrition
- Pre-occupational Therapy
- Pre-Physical Therapy
- Pre-Veterinary Medicine
- Pre-Naturopathic Medicine



SOCIAL SCIENCES, HUMAN SERVICES, AND EDUCATION



- Anthropology
- American Indian & Indigenous Studies
- Criminal Justice
- Education
- Global Studies
- History
- Human Services
- Political Science
- Psychology
- Sociology

COLLEGE & CAREER FOUNDATIONS

- Adult Basic Education
- English Foundations
- English Foundations (International)
- English as a Second Language
- GED Prep
- High School +



SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS (STEM)



- Aerospace
- Engineering
- Bioengineering
- Biology
- Civil Engineering
- Chemical Eng.
- Mechanical Engineering
- Physics & Astronomy
- Chemistry
- Comp. Engineering
- Comp. Science
- Data Science
- Electrical Engineering
- Game Design
- Informatics
- Mathematics
- Professional Technical Degrees (view website)

For More Info Head to cascadia.edu/pathways

Plan wisely

- Communicate with your high school counselor and the Running Start office to get paperwork turned in on time!
- Apply for admissions early (mid-late spring for fall quarter).
- Get your placement test (English required, math optional through strongly recommended) done after being accepted.



How to apply

- ❑ Speak with your high school counselor and parent/legal guardian about the Running Start Program.
- ❑ Apply for admissions at [Cascadia.edu](https://cascadia.edu) (Application is free).
- ❑ Submit the Running Start Contract Once.
- ❑ Submit the Enrollment Verification Form **Every Quarter**.
- ❑ Take your Placement Exam (Must place into English 95 or above).
- ❑ Sign up for CORE through the welcome email sent by Cascadia College.
- ❑ Pay Fees if applicable.

Keep checking your email for the
Welcome Email With a Link to Sign Up
for CORE. Check junk/spam too!



Winter Quarter
Application
deadline:
December 8th,
2023



Contact us...

runningstart@cascadia.edu

425-352-8146

