



JUNIOR PARENT NIGHT

HOSTED BY: TESSA & PAULA OLSON (EHS COUNSELORS)
LOWELL THOMSON (ASSOCIATE PRINCIPAL)

Step 1

- Review the Skyward message to be sent on 3/15
- Your student will book a meeting with their counselors' link

Step 2

- Talk with your student about their post high school plans
- Review their remaining grad reqs and transcript

Step 3

- Your student meets with their counselor
- They should bring their questions to the meeting

Question #1 – What are Junior Meetings?

Junior Meetings offer students the opportunity to check-in individually with their counselor about their post-high school plans, graduation requirements, and senior year

What is Running Start?

Running Start is a program in which juniors and seniors who qualify may enroll in college level courses at Bellevue College, CWU Sammamish, or Lake Washington Institute of Technology (LW Tech) and earn high school and college credit concurrently. Lake Washington School District pays the college tuition for up to 21 credits per quarter and offers the opportunity for students to be either part- or full-time students at Eastlake and the school of choice. For more detailed information about the program, cost, process, please review the [Running Start Agreement](#).

EHS counselors will start meeting with students after March 29th. Please review information on this page and start the enrollment process with your college before reaching out to your counselor.

Step 1: Research

Research your options, review the Eastlake presentation and attend an Eastlake information session. Select your Running Start program and start enrollment process directly through the school.

View EHS Presentation [HERE](#)

Step 2: Enroll

Complete the enrollment and placement process for your chosen college. See Local Running Start Programs and Registration Dates for information about each colleges requirements and process

Step 3: Complete EHS Process)

1. Review Eastlake High School [Running Start Agreement](#) and expectations
2. Review course equivalency chart for remaining graduation credits
3. Complete the [RSEVF](#) (directions to come!)

FORMS AND DOCUMENTS

- [Running Start Presentation](#)
- [RS Course Equivalency](#)
- [EHS Running Start Agreement](#)
- [Running Start Enrollment Verification Form \(RSEVF\)](#)

RUNNING START INFORMATION SESSIONS FOR THE 2023-24 SCHOOL YEAR

LOCATION - EASTLAKE THEATRE

- Wednesday, February 21st 2024 1:45-2:45pm after school.
- Friday, February 23rd 2024 - WolfTime A

View presentation [HERE](#)

Local Running Start Programs

Below are local programs EHS students frequent, but LWSD students are eligible to participate in any Running Start program. Please contact your counselor if there is a different program you wish to enroll in.

[Bellevue College](#)

Phone: 425.564.2026

Email: hsprograms@bellevuecollege.edu

[BC Info Session Information](#)

[Cascadia College](#)

Phone: 425.352.8146

Email: runningstart@cascadia.edu

[Lake Washington Institute of Technology](#)

Phone: 425.739.8336

Email: Running_Start@lwtech.edu

[CWU Sammamish](#)

Phone: 509.963.1351

Email: RunningStart3@cwu.edu

Question # 2: Where can I learn more about Running Start?

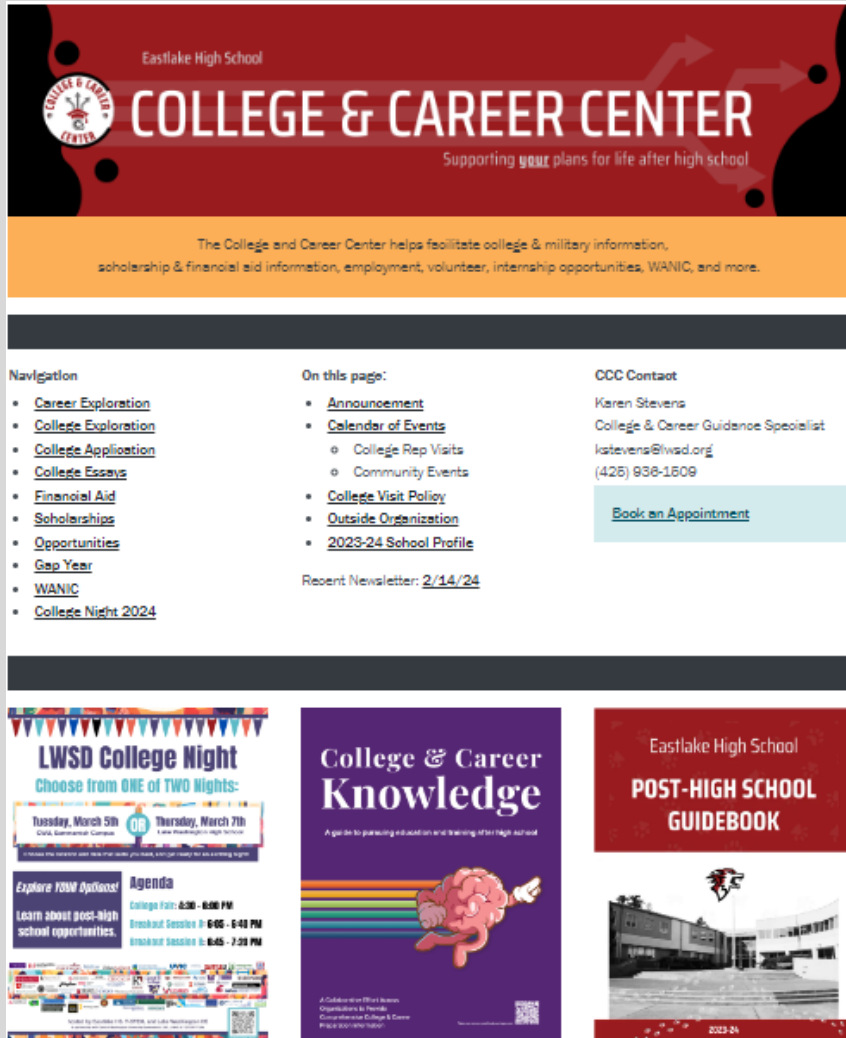
- The [EHS counseling website](#) has all the information you need!
- The website includes a video of the Running Start presentation, 3-step process for applying, and FAQ's.
- Counselors will meet with students who attended information sessions at the end of March

Question #3 – Does anyone review college essays?



- In the fall, there are multiple opportunities for students to work on and receive feedback from teachers during Senior English and specific Wolf Times
- As we near Fall 2024, the Counseling Center and College and Career Center will post the specific Wolf Time supports and will communicate those to Seniors and their families

Question #4: Tips for getting organized?



Utilize the College & Career Website

The [College and Career Center](#) has extensive resources and answers to all your post-high school questions

Check out our College Rep Visits at EHS

Eastlake hosts College Rep visits in the fall during lunchtimes and after school. These are posted on the [College & Career Calendar](#)

Use a Junior/Senior Timeline

We have a great one in the EHS [Post- High School Guidebook](#) starting on page 42 that covers Junior and Senior year

Question #5: What is GAP?



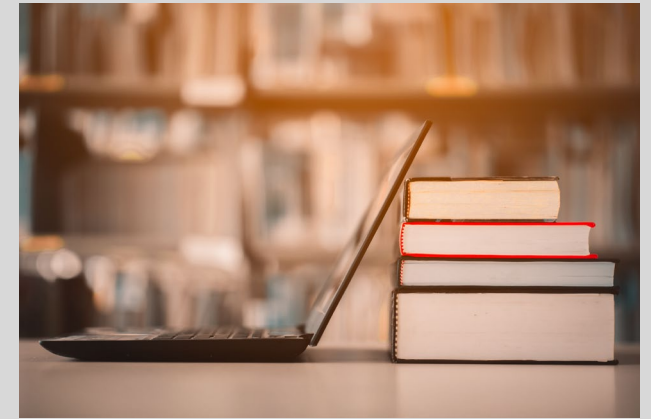
The Guaranteed Admission Program (GAP) guarantees admission to some 4-year, public colleges and universities in Washington state (not UW) with the following criteria:

- Minimum GPA of 3.0
- By Fall 2024, must have completed or are on track to complete all CADRs (College Academic Distribution Requirements)
- More information found [HERE](#)



Question #6: What Can I Do As A Parent?

- Follow up with them after their Junior Meeting
- Explore post high schools plans together
- Provide encouragement for whatever path they are interested in
- Offer to help with research and utilize the Post High School Guidebook
- Offer to review essays, resumes, and applications
- Discuss the budget; determine cost of program or college with net price calculator
- Complete the FAFSA or WAFSA starting in December for college applications (attend a virtual session!)
- Help them network for internships, volunteer or work positions with family and friends you know (schools and programs value ALL of these and can be found on the College and Career Center webpage under Student Opportunities)
- Encourage balance in life during the summer before and during Senior year!





QUESTIONS?