

ARE YOU THINKING ABOUT RUNNING START FOR THE 2025-26 SCHOOL YEAR?

READ THIS!

Hello parents and students in the class of 2026 & 2027,

Many students have come into the counseling office with questions regarding the Running Start Program. At this time, individual appointments are NOT being made for students to discuss this option with their counselor. All students are being referred to the High School Programs/Running Start information at the community or technical college of their choice. Bellevue College, Green River Community College or Renton Technical College are the closest programs to LHS.

Please refer to the websites listed below for the most current information / directions.

It is recommended that students select a FULL LOAD of classes at LHS even if they plan to take advantage of the Running Start program. It is much easier to drop LHS classes if the student does in fact participate in Running Start than to find room in LHS classes if they change their mind before next fall.

Be aware that students must be able to manage their academics independently in the college environment in order to be successful at Running Start. That begins with being able to successfully maneuver the college enrollment requirements.

~ Liberty High School Counseling Department

What do you do now?

1. Read ALL of the information attached.
2. Attend a VIRTUAL ORIENTATION session at the Community / Technical College of your choice.
3. Enroll at the Community / Technical College of your choice.
4. Take the Placement Exam at the Community / Technical College of your choice **OR** send a transcript.
5. Email your LHS counselor to make an appointment. Please have your test results available for the meeting.

Helpful links:

Bellevue College: <http://www.bellevuecollege.edu/runningstart>

Green River Community College: <http://www.greenriver.edu/students/academics/running-start/>

Renton Technical College: <http://www.rtc.edu/running-start>

Central Washington University-Sammamish: <https://www.cwu.edu/running-start/>

THINGS TO CONSIDER:

Academic traits that foster success in Running Start include highly-organized self-management, solid study skills, and excellent test taking skills as well as an ability to communicate well in a written/essay format.

Running Start is a high stakes test / essay performance driven grading system where only a handful of items (3 in many cases) constitute the entire grade. Classroom participation may or may not count and homework is not part of the overall grade, but must be done in order to be ready for assessments. Personal motivation for academic success and the willingness to seek out help from college professors when needed are important.

A high level of personal maturity and academic goal-oriented motivation will foster success. Beyond determination of whether you meet the successful student traits, it is purely a personal decision about how you want to complete your high school experience as well as how you want your future college experience to be impacted by getting started early. An important motivating factor for many is feeling too mature for the "high school scene" and a desire to find something more mature.

Do you want a standard high school experience by being a full-time high school student or do you want to do something entirely different in an adult setting (average age at BC being 30 years old)? The average community college student has a job and a busy day outside of school; they are not seeking social interaction with teens. You will be treated like a college student; nobody knows you are in high school nor really cares because you won't get any breaks for being young.

Successful students have a solid plan about what they want to accomplish in Running Start and usually commit to full-time enrollment. *Students who just want to experiment usually find it unsatisfactory and unnecessarily complicated to juggle between the two schools. Students who will miss high school social experiences will regret doing Running Start and missing out at the high school, even when only part-time enrolled.*

Be sure you are ready to do your best in college level courses. *You own the outcome and your parents will not be able to communicate with professors for you.* You will start a **permanent college-level transcript** which will impact your future goals and higher-level college prospects. Portability of college credits depends on the future 4-year college you attend. Only in-state public colleges are required to take all of your transfer credits. Other colleges often have limits. Four-year colleges generally prefer students stay in high school, take Advanced Placement (AP) classes and take the AP exams for potential college credit if admitted.

You must have your own reliable transportation or your ability to attend will be compromised. If necessary, some find that they like public transportation and some don't. Depending on peers for a ride can often leave you without a reliable way to get to class or get home. Class schedules change every three months for everyone and what works one quarter might not work the rest of the year. When enrolled in Running Start, **ONLY** the tuition is paid by the state! The cost of books, class fees, computer use fees, parking fees, transportation, etc. are the responsibility of the Running Start student / family. Research the costs to insure you are prepared financially to participate in Running Start.

A note from Bellevue College:

Please communicate with all staff and instructors at Bellevue College in a mature non-threatening manner.

- The running start students need to follow the same rules and regulations that all Bellevue College students follow.
- Choosing to do running start is a choice not a requirement.
- College coursework is faster paced. Many students who are an A student in high school may not earn As at the college level.
- Each course syllabus needs to be carefully reviewed.
- Late work is almost never allowed by the instructors – do not expect approval if asked.
- Check the academic calendar each quarter for all important dates – this will include information like last day to enroll and last day a student may drop a class.

All post-secondary education students are subject to **FERPA** regulations.

The **Family Educational Rights and Privacy Act (FERPA)** is a federal law that any educational institution administered by the U.S. Secretary of Education must follow. This act is about protecting student privacy by not releasing grades or other personal information to anyone but the student.

Under FERPA, instructors cannot communicate with anyone but the student about the student's course work or grades. This is a federal law to which Bellevue College must legally adhere. It does not matter if the student is a minor and a Running Start student; all students taking college courses are considered adults and FERPA applies to all.

Parents cannot schedule conferences with the instructor, file a grade appeal on a student's behalf, or communicate details about a grade appeal or complaint. The student is responsible for all communication regarding course work, grades, and appeals or complaints.

Here are some important guidelines to keep in mind about FERPA and instructor-parent communication:

- Instructors and other college staff **cannot** communicate with parents about a student's educational records in person, via email, or by phone.
- Grade appeals and student complaints **must** be handled by the student and communicated by the student to the instructor, department chair, or dean.
- Parents **should not** come to the instructor's classroom or office in hopes of discussing a student's work.

If you have any questions we ask you to submit your questions about this message directly to Linda Kepler:

linda.kepler@bellevuecollege.edu

A FEW QUESTIONS YOU MAY HAVE:

- **How do I sign up?** Students must apply directly to the Community or Technical College (CTC) they wish to attend within the required due dates. Consult the websites for dates associated with orientation sessions, application deadlines and directions.
- **How do I determine which classes to take?** Students must take classes that meet high school graduation requirements as priority one, then as a second priority, plan courses that meet degree requirements at the college level. There is an equivalent course for nearly every high school graduation requirement. Grades for courses taken at the community college are transcribed for credit at both the college and at LHS.
- **Sounds great - when can I sign up?** Consult the websites for dates associated with orientation sessions, application deadlines and detailed directions. Apply for admissions, take and pass the assessment test and then meet with your LHS counselor.
- **Can I do both HS & Running Start classes?** Students have the option of attending either full or part time Running Start, but must have a full day equivalency schedule. Full time enrollment at a CTC is 12-15 college credits. If a student is taking less than 12 credits at a CTC they must take high school classes to complete their required full-time enrollment. Students must select their level of enrollment at each school on year-long basis as college and high school grading periods DO NOT align.
- **How many credits can I take?** Beginning in the 2024-2025 school year, the state set new laws around funding for Running Start. If NO classes are taken at LHS, 21 college credits is the maximum number of credits that running start program will pay tuition for. Students may choose to take additional credits at the community college, but must pay the tuition for those additional credits. Please refer to the ISD District Running Start Website for new Running Start rules, forms, etc.: <https://www.isd411.org/programs-services/middle-high-school-programs/running-start>

Student Name (please print clearly) : _____ Class of: _____

LIBERTY HIGH SCHOOL -- 2025-26 Running Start Participation Agreement

The student and parent/guardian signatures on this agreement acknowledge an understanding by both the student and parent/guardian of the responsibilities involved in participating in the Running Start (RS) Program. **Please read each item carefully as you will be held accountable for the content.** Please initial each point and sign at the bottom of this form.

Student / Parent initials

- ___/___1. Running Start students are subject to all rules, regulations and procedures governing college students for course requirements, content, registration, grading and appropriate behavior. Colleges treat the RS student as a college student and will not communicate attendance or academic problems to the parent without a signed release on file with the college. Students must communicate directly with the college instructors and/or RS office with any college course concerns.
- ___/___2. Running Start (RS) students are making the decision to take classes away from LHS, therefore they are not present for morning announcements and/or classroom presentations regarding graduation, testing requirements, and/or High School & Beyond Plans. **Students enrolled in RS classes, especially those enrolled full time, should check in regularly at LHS to stay informed. This includes reading the online bulletins, attending Senior class meetings, checking the PTSA newsletter and the LHS website to stay informed regarding timelines for college applications, scholarships, graduation procedures and more. It is highly recommended that RS students AND parents sign up for "LHS E-News" at: <https://www.isd411.org/about-us/announcements/sign-up> For High School & Beyond information, refer to the Career Center page on our website.**
- ___/___3. The Issaquah School District is on a semester (18 week) schedule and the community colleges are on a quarter (11 week) schedule. Starting, ending, and vacation dates will be different. For part time RS student, missing school at LHS because the community college is not in session is not an excused absence. **Community college courses may not conflict with a student's Liberty High School schedule.**
- ___/___4. Because the grading periods are not aligned, it is a year-long commitment/decision to participate in RS. Students may not start or end RS mid-year without adversely impacting their credits. Students who drop out of RS mid-year will not be able to re-enter Liberty High School classes until the beginning of the next semester. This may adversely affect graduation.
- ___/___5. **Entrance into RS varies for each community college. For Bellevue College, all first-time college students are required to take placement tests or meet one of the other options prior to registering for classes. For math the Aleks assessment. Appropriate math scores will be required if a student would like to enroll in college level math or science. For English the Accuplacer exam **OR** students with a 3.0 Cumulative GPA within two years of graduation can use their high school transcript **OR** qualifying AP Scores **OR** SBAC scores of 3 or higher. Courses numbered 099 or below, are not considered part of RS and will not be funded.**
- ___/___6. Students may participate in RS for a maximum of 6 quarters. Students may only take RS fall, winter, and spring quarters; there is no summer RS program. Students taking fewer than 12 RS credits are required to take at least 2 LHS courses each semester. A RS student is only funded for up to 15 credits of 100 level or higher college credits per quarter.
- ___/___7. **Books, registration fees, lab fees, parking fees, transportation, etc. are the responsibility of the student. (ALL students will receive a bill upon enrolling in classes. If not paid by deadline classes will get dropped for non-payment.)**
- ___/___8. Students whose combined high school schedule and their college schedule exceed 1.20 Full Time Equivalent (FTE) during any college quarter MUST PAY COLLEGE TUITION on the additional credits over the combined 1.20 FTE.
- ___/___9. Students (with parent's signature on the **Running Start Enrollment Verification Form**) can elect to surpass the 1.20 FTE limit **IF** they are willing to pay the appropriate college tuition.
- ___/___10. In addition, Running Start students will be charged tuition for college credits exceeding 15 in any one quarter. Students will be charged at the 1-10 credit tuition rates for 16 credits and above.

- ___/___11. Monitoring all RS deadlines is the responsibility of the student. There is no guarantee that students will be able to register for the classes desired at the community college. The earlier you register, the better your chances will be to get your required courses.
- ___/___12. **IF there is a return to remote learning, due to Covid-19, students must email their LHS Counselor to make an appointment. This needs to be done EACH quarter they are enrolled in RS classes. Counselor emails can be found on the LHS Counseling website.** During this appointment, the LHS counselor will conduct a credit evaluation and sign off the High School Referral Form.

DO NOT EXPECT TO BE SEEN ON A DROP-IN BASIS! PLAN ACCORDINGLY!

- ___/___13. It is the **student and parent's responsibility** to ensure that high school graduation requirements are being met and graduation timelines and procedures are being monitored.
- ___/___14. Students must take all RS courses for a letter grade. The college will not send progress reports or warning notices, therefore students are responsible for monitoring their own progress. All RS grades received will become a permanent part of the student's high school and college transcripts.
- ___/___15. Students are responsible for officially dropping any Liberty High School classes or Community College classes before the drop deadlines. **Students are required to get permission from their LHS counselor PRIOR to dropping a RS class. Students who elect to drop a RS class without permission from their LHS counselor put their graduation status at risk.**
- ___/___16. Following acceptance into the Running Start program, students must maintain a minimum 2.0 GPA. If the student's GPA falls below a 2.0, the student is placed on academic probation at the Community College. The student is then required to raise the GPA back above the 2.0 minimum during the next grading period. If the GPA is not raised above the 2.0 minimum during the next grading period, the Community College will withdraw the student from the Running Start program.
- ___/___17. The Issaquah School District determines how the college classes translate into high school graduation requirements. RS students are subject to the same state, district, and Liberty graduation requirements as all other Liberty students.
- ___/___18. Not all post-secondary schools, especially those out of state, accept RS courses for college credit. Those who do may have rules about specific courses and whether students will be considered freshmen or transfer students. Information is available from the individual colleges or universities. It is the student's responsibility to make sure she/he understands these requirements from the school of their choice.
- ___/___19. Students with disabilities who have a 504 Accomodation Plan or Individual Education Plan (IEP) are responsible to inform and provide documentation of the disability to the community college.
- ___/___20. If RS students meet WIAA eligibility standards, they are eligible to participate in high school athletics and activities at Liberty. However, the scheduling of RS and athletics/activities can be problematic.

We have read the Agreement for Participation in Running Start and understand all requirements.

Student name (print clearly!)	Student signature	Date
Parent/Guardian name (print clearly)	Parent/Guardian signature	Date

For additional information regarding Running Start at Bellevue Community College, please refer to their website at www.bcc.ctc.edu/hsprograms/runningstart
 For additional information regarding Running Start at Green River Community College, please refer to their website at www.greenriver.edu/students/academics/running-start/
 For additional information regarding Running Start at Renton Technical College, please refer to their website at <http://www.rtc.edu/running-start> and click on Running Start.
 For additional information regarding Running Start at Central Washington University-Sammamish, please refer to their website at www.cwu.edu/runningstart

Student Name (please print clearly) : _____ Class of: _____

2025-26 LHS RUNNING START - High School and Beyond Plan

I understand that by taking classes through the Running Start Program, I might not be enrolled in courses at Liberty High School where the High School and Beyond graduation requirements and lessons might be explained or completed.

Juniors participating in the Running Start Program:

- I understand it is **my responsibility** to complete my 11th grade Xello lessons by the end of my junior year of school. I also agree to read and respond to emails sent from the College and Career Center regarding my High School and Beyond Plan.

Seniors participating in the Running Start Program:

- I understand it is **my responsibility** to complete my 12th grade Xello lessons, no later than January 31st, the end of first semester.
- I also commit to attending my Senior Exit Interview, which is typically scheduled for the 3rd Wednesday in March. Finally, I agree to read and respond to emails sent from the College and Career Center regarding my High School and Beyond Plan.
- I understand that **both my Xello lessons and Senior Exit Interview are graduation requirements**. Failure to meet the above deadlines will result in my having not met all the requirements for graduation and will result in my not graduating with my class or participating in the commencement ceremony.

For questions contact the College & Career Center at LHSCollegeandCareer@issaquah.wednet.edu

Student Signature

Date

Student Email Address (PRINT CLEARLY)

Student Cell phone

I, the parent/guardian, am aware that it is my son or daughter's responsibility to complete the High School and Beyond Plan and senior interview requirements for graduation in the timeframe noted above. Failure to do so will result in the consequences noted above.

Parent/Guardian Signature

Date

Parent Email Address (PRINT CLEARLY)

Parent Telephone

Student Name (please print clearly) : _____ Class of: _____

2025 / 2026 LHS RUNNING START - WASHINGTON GRADUATION TESTING AGREEMENT

NOTE: Assessment requirements are subject to change at the direction of the State of Washington Office of the Superintendent of Public Instruction (OSPI). Refer to the OSPI website for the most up to date information about graduation testing requirements and approved alternatives.

I understand that my decision to participate in the Running Start Program does not exclude me from the Washington graduation testing requirements:

- **Class of 2026 & Class of 2027:**
 - Smarter Balanced English Language Arts (SBA ELA)
 - Smarter Balanced Math (SBA Math)

I understand that if I do not meet the passing score for a graduation requirement test, I must **retake** that test during the testing window at Liberty High School until I get a passing score or fulfill the requirement through an approved alternative (such as a passing score on the SAT or ACT). I understand that doing so may cause me to miss classes in my Running Start Program and could adversely affect the grades in those classes.

I understand that if I have **not** passed SBA Math, it is STRONGLY recommended that I take math at LHS and not via the Running Start Program.

I understand that if I have **not** passed SBA ELA, it is STRONGLY recommended that I take all classes at LHS and not participate in the Running Start Program.

I take full responsibility for understanding and completing all LHS graduation requirements, including the Washington graduation testing requirements. I understand that not doing so could jeopardize my graduation status.

SBA ELA and SBA Math First Attempt:

- Spring of 10th Grade

Passing Scores:

- SBA ELA: 2548 or higher
- SBA Math: 2595 or higher

Testing Windows for Retakes in Fall/Spring of 11th/12th Grade

Alternative to SBA ELA Retake:

- SAT with Essay score of 410 or higher
- ACT with Writing score of 14 or higher

Alternative to SBA Math Retake:

- SAT score of 430 or higher
- ACT score of 16 or higher

Alternative to WCAS Retake:

- To Be Announced

Student

Date

I, the parent/guardian, am aware that it is my son or daughter's responsibility to complete the Washington graduation testing requirements as noted above.

Parent/Guardian

Date

RUNNING START – Bellevue College course equivalencies for ISD graduation requirements

College to HS credit:

6 credits = 1.25 HS

5 credits = 1.0 HS

4 credits = .75 HS

2-3 credits = .5 HS

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: ENG105, 180, 190, 299, or any Independent Studies or Special Topics courses.
- CMST 141

Social Studies

NW Studies: HIST&214 (generally offered only once a year)

World History: HIST 101, HIST 102, HIST 103 (pick any **one** of these three for **1.0** world credit)

US History: HIST&146, HIST&147, HIST&148 (pick any **one** of these three)

Civics: POLS&202

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 5-credit BC below 100 level earns .5 credit on HS transcript, rather than 1.0 credit.

High School Level Math at BC:

Math 085 = .5 Alg1

Math 098 = sem 1 of Alg2

Math 099 = sem 2 of Alg2

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

Consult with your counselor.

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 (GEOL), 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/worldlanguages/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):

- 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), Software Development (DEV, previously 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.

Placement Options For Running Start - Bellevue College

For English placement, students may take the ACCUPLACER standardized exam, or use one of the other available options, which includes:

- o High School transcript, current copy with an overall GPA of 3.0 or higher
- o Smarter Balanced Language Art score of 3 or 4, may be used for Running Start students
- o Appropriate scores on AP or IB exams, less than two years old
- o Placement from another Washington State Community or Technical college (reciprocity), less than two years old

We can use your high school transcript for English 101 placement if:

- Your high school is within the United States
- Your document clearly shows your name and all completed coursework to date
- You are a Running Start applicant and currently have 3.0 **cumulative** or greater grade point average

For Math placement, students may take ALEKS test:

We can to use your high school transcript for MATH placements if:

- Your transcript is from one of the following school districts: Bellevue, Lake Washington, Snoqualmie Valley
- These 3 districts have worked with Bellevue College math department to create math placement agreements.
- Your completed coursework meets the grade criteria as stated in the "placement grids" you can find by clicking on the links below
- Bellevue School District, Lake Washington School District, Snoqualmie Valley School District
- Questions? 425-564-2243 or: testing@bellevuecollege.edu

Procedure to have High School Transcripts/Smarter Balanced Reports evaluated for Placement:

SEND TRANSCRIPTS TO: testing@bellevuecollege.edu Please include your Bellevue College Student ID# - Student will need to apply first.

- Allow 5 business days for processing by email or fax: 425-564-2132
- You can come in to Room B142 with your transcript for immediate processing (short waits during busy periods)
- **Some students may find they still need to take one of the Assessments.**
 - o **For example, you may have a valid English placement but not valid math placement. In this case you should be sure and come in during our testing walk-in hours.**
 - o **You may be able to place into a higher level math level by taking assessment as opposed to using high school transcript in some cases.**

For Chemistry Placement Exam OPTION

For students who plan to take CHEM&161 but did not complete/take CHEM&140 with a C or better. Additional fee is charged. Taken in Placement office B142 during walk-in hours.

All questions specific to placement is handled by the placement office 425-564-2243 or testing@bellevuecollege.edu

Bellevue College does not discriminate on the basis of race, color, national origin, language, sex, sexual orientation, including gender identity or expression, disability, or age in its programs and activities. Please see policy 4150 at www.bellevuecollege.edu/policies/. The following people have been designated to handle inquiries regarding non-discrimination policies: Title IX Coordinator, 425-564-2641, Office C227, and EEOC/504 Compliance Officer, 425-564-2266, Office R130.

NOTE: STUDENTS MUST HAVE TRANSCRIPTS SENT VIA PARCHMENT TO THEIR EMAIL ADDRESS, LOG INTO THEIR STUDENT PORTAL AND UPLOAD THEIR TRANSCRIPT(S). DO NOT SEND TO BELLEVUE COLLEGE DIRECTLY.