



RUNNING START

Lake Washington School District



What is Running Start?

WASHINGTON STATE PROGRAM

- Allows HS students in their 11th and 12th grade year to attend college-level classes at a local college or technical school **tuition free**. Please note there are costs each quarter; plan for books and fees.
- Grades and credits earned can count for both high school and college (Dual Credit).
- All Running Start students continue to be LWSD students.
- Student can continue to participate in sports, clubs, activities, and events at their high school.

Running Start Schedules



- A full-time schedule allows students to enroll in up to *21 credits each quarter, with 15 college credits representing the typical full-time course load. (* RSEVF indicates courses allowed)
- A part-time schedule may include a combination of high school classes and Running Start courses, often accommodating students involved in sports and extracurricular activities.
- The academic year comprises three quarters:
 - Fall Quarter - Late September to December
 - Winter Quarter - January to March
 - Spring Quarter - March to late June

** Optional Summer Quarter - Early July to late August

(**eligibility is determined by the number of classes taken during the regular school year)

Daily Class Schedule

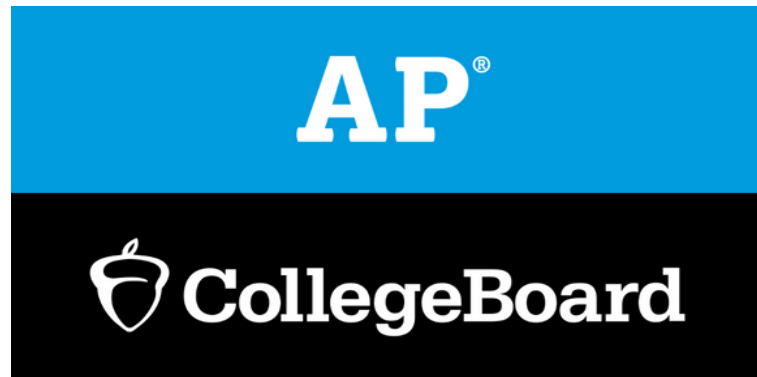


- **Class Timing:** College classes can start as early as 6:30 a.m. or as late as 8 p.m..
- **Class Frequency:** Some classes meet daily, while others meet 2-3 times per week.
- **Class Formats:** Options include in-person, fully online or hybrid.
- **Recommendation:** Taking courses in person may be best for new RS students.
- **Quarterly Variation:** Class selection and class schedules vary each quarter.
- **Diverse Age Range:** Classes may include students aged 16 to 40+; RS students do not have separate classes.
- **Flexible Scheduling:** Students choose their own schedules within the limits of space availability and their high school schedule. Evening or online classes often work best for part time RS students.

Classes and Credits

- **Course Selection:** Students can take any class offered by the college numbered 100 or above but should prioritize meeting graduation requirements first. Students may register for below 100 level coursework, but will be required to pay full tuition.
- **Prerequisites:** Some classes require students to meet prerequisites or receive a qualifying placement test score before enrolling (e.g., math and science). Refer to the college course catalog and talk with your high school counselor.
- **Credit Conversion:** A 5-credit college quarter class equals 1.0 high school credit (a full-year HS class earns 1.0 credit).

College Credit to High School Credit Conversion	
<u>College Credit</u>	<u>HS Credit Applied to Transcript</u>
6	1.2
5	1.0
4	.8
3	.6
2	.4
1	.2



Running Start & Advanced Placement

- Running Start is a state “dual-enrollment” program that provides students the opportunity to earn credits towards a degree program at a public community college or university in Washington state. Applying to colleges out of state; please check with your intended college.
- Advanced Placement is a nationally recognized program; college admissions in any state will recognize and honor AP classes and/or credit earned via Advanced Placement exams (with limits*).
- Running Start credits may NOT transfer to out-of-state colleges and private schools or meet requirements of a specific college major.
- Highly selective universities may prefer Advanced Placement to Running Start.
- ***Ultimately, the student must check with colleges directly to see how they support credit from Running Start or the Advanced Placement programs.**

Most LWSD Students Attend:

BELLEVUE COLLEGE

LAKE WASHINGTON INSTITUTE OF
TECHNOLOGY

CASCADIA COLLEGE

CWU – SAMMAMISH

Approximately 800 LWSD students enroll
in a Running Start course each year.

****Your student has access to many
additional campuses, please check
with your school counselor if
interested.**



Cost of Running Start

FREE TUITION, BUT NOT FREE

TUITION

Full time covers up to 21 credits per quarter. You can take more credits but will need to pay out of pocket for overage.

TEXTBOOKS

Student and family are responsible for these costs each quarter.

CLASS FEES

Running Start is not FREE. Student and family are responsible for paying required fees *prior to the start of the quarter or the student will not be enrolled in courses.

TRANSPORTATION

Students under age 18 have access to an ORCA card. Any other form of transportation and parking must be covered by student and family.

FEE ASSISTANCE

Students and families who qualify for free or reduced priced meals are eligible for financial assistance.

*Ask the college about the average costs/fees per quarter

What classes can I take?

Core Course Information

ENGLISH

All students must begin with **English 101**. There are many options that include composition and literature.

SOCIAL STUDIES

Student must take required courses to meet **Civics, US History, Contemporary World Problems and WA State History*** requirements. There are many elective options available.

*WA State History may have been met in middle school

MATH

College level math is above Algebra 2. Students must **complete Algebra 2** and be ready for a much faster pace at the college.

SCIENCE

Science also requires math proficiency. LWSD students need **2 years of lab science and 1 year of a science elective**.

Refer to the LWSD Running Start Equivalency Sheet for more detailed information

Graduation Requirements

1. Review your credits and transcript in Skyward under “portfolio” to identify outstanding graduation requirements.
2. Use the Running Start Course Equivalency sheet to find college courses to satisfy your remaining graduation requirements.
3. When choosing classes, consider your plans for after high school, taking account for rigor, balance and how much support you may need in specific subjects.

***** Academic Record *****														
State	Dist							***** REPORT PERIOD AND CUMULATIVE SUMMARY *****						
Crs	Course	Description	Lt	Cr	Cred	Course	Gd		Cred	Cred	GPA	GPA	GPA	
Code	Code		Gr	Earn	Attp	Dsg	LV	Mo / Year	Earn	Attp	Earn	ATTP	Pts	GPA
02052	MAT241	MO/YR 01/2022 ALGEBRA 1	GRD	LVL: 7	A	0.500 0.500 B	7	01/2022	0.500	0.500	0.500	0.500	2.000	4.000
02052	MAT242	MO/YR 06/2022 ALGEBRA 1	GRD	LVL: 7	A	0.500 0.500 B	7	06/2022	0.500	0.500	0.500	0.500	2.000	4.000
02072	MAT321	MO/YR 01/2023 GEOMETRY	GRD	LVL: 8	A	0.500 0.500 B	8	01/2023	0.500	0.500	0.500	0.500	2.000	4.000
02072	MAT322	MO/YR 06/2023 GEOMETRY	GRD	LVL: 8	A	0.500 0.500 B	8	06/2023	0.500	0.500	0.500	0.500	2.000	4.000
05154	ART021	MO/YR 01/2024 ART 2 (INTRO PAINTING)	GRD	LVL: 9	A	0.500 0.500 B	9	01/2024	3.500	3.500	3.500	3.500	14.000	4.000
18052	CDX231	URBAN AGRICULTURE I	A	0.500	0.500	T	9	06/2024	4.000	4.000	4.000	4.000	16.000	4.000
01001	ENG171	ENGLISH 9 HONORS	A	0.500	0.500	BH	10	01/2025	3.500	3.500	3.500	3.500	14.000	4.000
24102	FOR111	FRENCH 1	A	0.500	0.500	B	Cum:		13.000	13.000	13.000	13.000	52.000	4.000
02056	MAT261	ALGEBRA 2 (Advanced Algebra)	A	0.500	0.500	BQ	***** ADDITIONAL STATE REQUIREMENTS *****							
08001	PED111	PE 1 - HEALTHY LIFESTYLES	A	0.500	0.500		HIGH SCHOOL & BEYOND PLAN							
03051	SCI231	BIOLOGY IN THE EARTH SYSTEM	A	0.500	0.500	BHS	WASHINGTON STATE HISTORY							
08051	CDH511	MO/YR 06/2024 FAMILY HEALTH	GRD	LVL: 9	A	0.500 0.500 T	***** GRADUATION PATHWAY *****							
05056	DRA332	PRODUCTION WORKSHOP	A	0.500	0.500	B	***** END OF TRANSCRIPT RECORD *****							
01001	ENG172	ENGLISH 9 HONORS	A	0.500	0.500	BH								
24102	FOR112	FRENCH 1	A	0.500	0.500	B								
02056	MAT262	ALGEBRA 2 (Advanced Algebra)	A	0.500	0.500	BQ								
03051	SCI232	BIOLOGY IN THE EARTH SYSTEM	A	0.500	0.500	BHS								
04051	SOC121	WORLD ANCIENT TO POST CLASS	A	0.500	0.500	B								
04259	SOC731	WORLD RELIGIONS	A	0.500	0.500	B								
01002	ENG271	MO/YR 01/2025 ENGLISH 10 HONORS	GRD	LVL: 10	A	0.500 0.500 BH								
24103	FOR121	FRENCH 2	A	0.500	0.500	B								
02114	MAT553	MATH& 141 AP PRE-CALCULUS [AP Precal]	A	0.500	0.500	ACQ								
08009	PED551	STRENGTH TRAINING 1	A	0.500	0.500									
03101	SCI331	CHEMISTRY IN THE EARTH SYSTEM	A	0.500	0.500	BHQS								
04067	SOC281	AP MODERN WORLD HISTORY [AP Wor Hist]	A	0.500	0.500	AB								
18053	CVA241	FLORAL DESIGN	A	0.500	0.500									

Example grade 10 transcript

Example grade 10 transcript

We Encourage Full Time Running Start

Remember your high school schedule will not change to accommodate college courses.

Most students attending part-time, opt for fully online, asynchronous courses

Your Running Start enrollment balance is a year-long commitment.

Senior year, avoid any required high school requirements.

LWSD Running Start Planning Sheet

Name: _____

Date: _____

High School, Grade 11:

Semester 1 (September - January)	Semester 2 (February - June)
AP Calculus AB	AP Calculus AB
AP Physics 1	AP Physics 1

Total: 2.0 HS Credits

Running Start Classes:

Fall Quarter (late Sept. - Dec.)	Winter Quarter (Jan. - March)	Spring Quarter (March - June)
US History 146	English 101	Business 101
Nutrition 101	Psychology 101	PE 117

Total: 5.4 HS Credits
Total 27 College Credits

High School, Grade 12:

Semester 1 (September - January)	Semester 2 (February - June)
AP Calculus BC	AP Calculus BC
AP Biology	AP Biology

Total: 2.0 HS Credits

Running Start Classes:

Fall Quarter (late Sept. - Dec.)	Winter Quarter (Jan. - March)	Spring Quarter (March - June)
Political Science 202	English 111	Psychology 100
Art 101	Business 201	Communications 101
		(no required grad requirements)

Total: 6.0 HS Credits
Total: 30 College Credits

Running Start Conversions

Credits		
5 cr = 1.0 HS	Most academic classes are 5 college credits.	
4 cr = .80 HS		
3 cr = .60 HS		
2 cr = .40 HS	Most PE classes are 1 or 2 college credits.	
1 cr = .20 HS		

Sample Part Time Schedule

Meeting HS Graduation Requirements

1) FOCUS ON GRADUATION REQUIREMENTS

Counselors provide students with a detailed equivalency sheet outlining courses approved to meet HS graduation requirements. Students should use this resource to formulate a plan for meeting these requirements.

2) PART-TIME STUDENTS

Coordinate their college classes each quarter to avoid conflict with their high school schedule. Requires flexibility, planning and timely registration, each quarter.

3) BE MINDFUL

College quarters do not align with HS semesters. Students must make a year-long commitment to Running Start. Attending part-time can be more challenging and requires planning ahead. High school and college breaks can be different.

4) PLAN FOR TRAVEL TIME

Your HS schedule is your priority. You are not permitted to be late or leave early. Remember to account for travel time when planning your schedule.

Successful Running Start Students

INDEPENDENT

- Ready to work independently in adult setting, with older peers, and with less teacher support
- Ready for transportation – drive self, take bus, arrange carpool or family rides

ORGANIZED

- Aware of deadlines for homework, class registration, tuition, etc.
- Committed to attending classes regularly and on time

FLEXIBLE

- Find and schedule classes based on what is needed to graduate
- Adjust plans when a chosen class is full

SELF MOTIVATED

- Disciplined and self motivated, without family or HS intervention
- Independently responsible for own schoolwork, grades, and progress

Steps for Enrolling in Running Start

ATTEND	Attend a Running Start information session and/or review the RS process at your high school.
APPLY	Apply directly to the college through CTC link.
REGISTER	Register for a required information session at the community college.
PLAN	Begin planning which classes to take, consider strengths/weaknesses and balance workload.
SUBMIT	Once you are a confirmed student, use your school's preferred method to request an updated RSEVF- this pays tuition; you cannot register without it.
REGISTER	Register for classes on time - find classes you want/need at times that work for your schedule. Part-time students should consider fully online courses.
PAY	Pay any required fees at the college to avoid jeopardizing enrollment in a course.

Additional Enrollment Considerations

IMPORTANT DATES

Plan and be aware of the start of quarter, enrollment deadlines, last day to drop a class, etc.

READ EMAIL

Regularly check and read all communications from both the college and high school.

STUDENT SUPPORTS

Identify student supports offered by the college and use them.

COUNSELOR CHECK-INS

Questions regarding your college classes or need information? – first check in with your **college advisor**. If you have specific questions regarding your graduation requirements, reach out to your **HS counselor** by email.

HIGH SCHOOL AND BEYOND

Student must complete the high school and beyond plan and participate in all required meetings regarding high school graduation.

Communication with your High School

- Independently, use the Running Start Equivalency sheet for LWSD and your graduation requirements tab in Skyward to review remaining graduation requirements. Review your transcript after each grading period.
- Each quarter, the counselor signs the enrollment form (RSEVF) with your course requests. Students must adhere to high school timelines for signatures, use your school's procedure for quarterly completion, and then submit the 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 the college sends them.
- All RS grades received must be entered on HS transcript, as required by state law.
- School counselor does not have access to college professors, coursework, or grades.

Communication with the College

- The college communicates directly with the **student** (not high school or families) regarding registration, deadlines, and academic performance.
- Running Start students are considered regular college students (no special treatment).
- Colleges **do not share** the following information with either school or parents: **attendance, grades in progress, student behavior, etc.**
- Colleges offer support services which are accessible to enrolled, HS Running Start students.
- Colleges send final grades at end of quarter to the high school.
- High school has no insight about how student is doing and only receives final grades.

Challenges to Consider

RUNNING START IS COLLEGE

- Fast-paced: one 5-credit class (10 weeks) covers a full year HS class.
- Classes have more homework/reading than High School.
- Students are often reluctant to contact the college office for assistance.
- Students don't always realize they can meet with a college advisor for guidance on college pathways and requirements.
- College is on quarter system and high school is on semester system.
- Breaks and vacations (except Winter break in December) don't align.
- Cannot drop out of a college class and sign up for high school class easily.
- Professors are less flexible with due dates and do not offer retakes.
- Grades earned through Running Start become part of your permanent high school AND college transcript/GPA.



Monitoring Grades/Progress

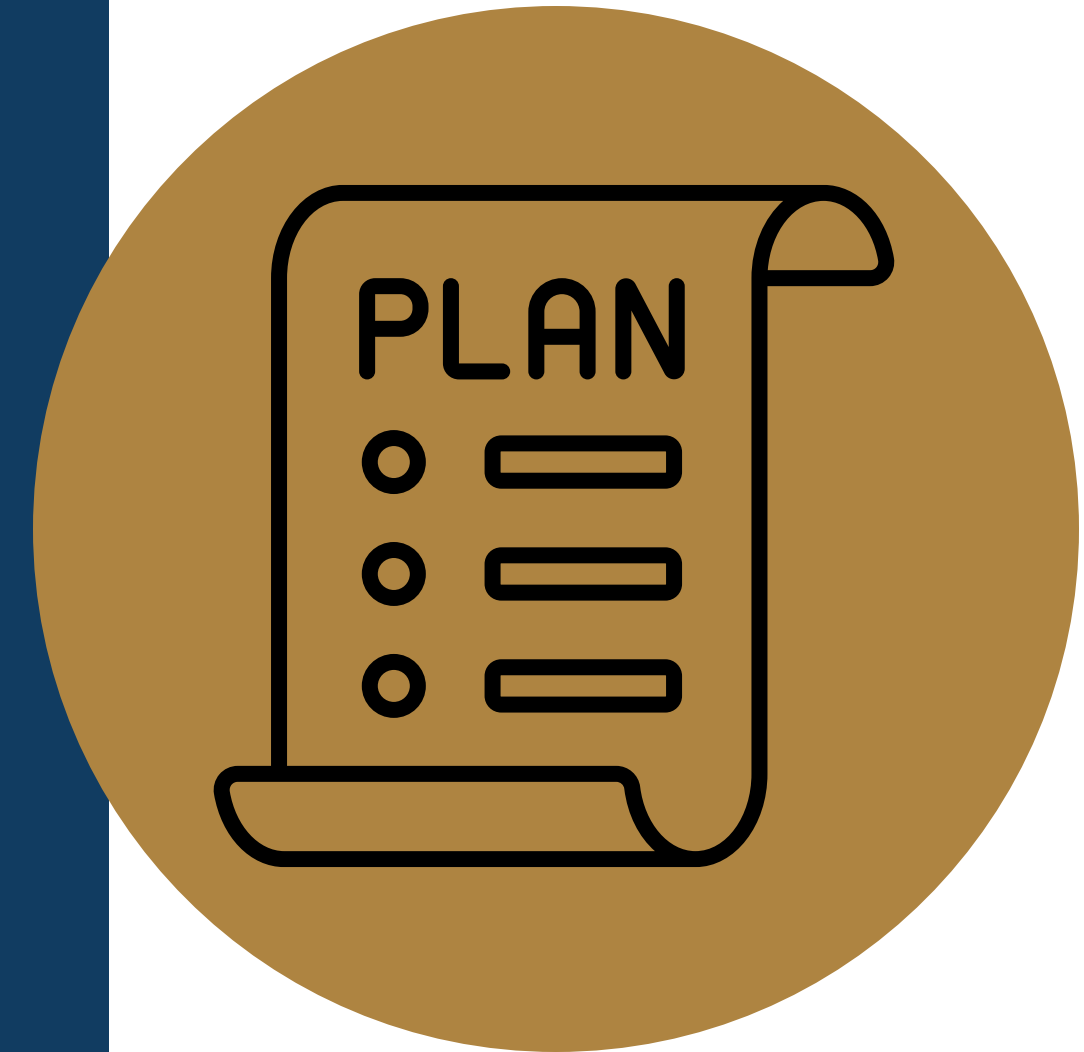
YOU MUST ASK YOUR STUDENT TO SHOW YOU!

- Running Start classes are not available to view on high school platforms.
- Running Start attendance is not on Family Access.
- After each quarter, families can check Family Access to see final grades once they are posted, but it 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 IEP and 504 Plans

WORK DIRECTLY WITH COLLEGE DISABILITY SERVICES OFFICE

- 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. To request documentation, email sscomplianceoffice@lwsd.org
- Students with an IEP should begin discussing Running Start with high school IEP team well in advance. IEP team can provide additional support and guidance.



FINAL NOTES:

- ◆ The Running Start program is for students that are academically independent, organized, self-motivated and flexible.
- ◆ It is expected by the colleges associated with Running Start, that students be able to maintain a 2.0 or higher GPA, each college quarter or result in ineligibility for the program.
- ◆ Students may need to change some of their expectations about privileges and responsibilities at school, attending a college campus.
- ◆ College is an adult environment where students are expected to engage in the community in a positive, mature and independent manner.
- ◆ Lastly, we recommend that students prepare for a Fall enrollment. Adding Running Start at other points of the year is very challenging with the semester/quarters not aligning.

HS Information Sessions and Running Start Procedures

Links to each High School with details regarding Running Start

[EASTLAKE HIGH SCHOOL](#)

[EMERSON](#)

[INTERNATIONAL COMMUNITY SCHOOL](#)

[JUANITA HIGH SCHOOL](#)

[LAKE WASHINGTON HIGH SCHOOL](#)

[REDMOND HIGH SCHOOL](#)

[TESLA - STEM](#)

[RUNNING START FAQs \(OSPI\)](#)



Additional Resources

COLLEGE LINKS and DATES

Bellevue College

<https://www.bellevuecollege.edu/current-students/student-central/calendar/>

Lake Washington Institute of Technology

<https://www.lwtech.edu/calendar/>

Summer & Fall Quarter Registration Dates

- May 5th – Priority student registration
- May 6th – Continuing student registration
- May 8th – New student/open registration



Additional Resources

COLLEGE LINKS and DATES

CWU- Sammamish:

<https://www.cwu.edu/about/campus-locations/sammamish/sammamish-running-start.php>

Cascadia College:

<https://www.cascadia.edu/student-resources/academic-support/calendar.aspx>

Edmonds College:

Summer & Fall registration opens May 22nd

<https://www.edmonds.edu/calendar/campus-events.html>