

Running Start



Issaquah High School
Counseling Department
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Purpose

- To provide a brief overview of Running Start.
- To give insight into the program to help families decide if your student is a good fit for the program.

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What is Running Start?

Running Start is a program that allows 11th and 12th grade students to take college courses at Washington's 34 community and technical colleges. Students earn both high school and college credits for these courses.

<https://www.sbctc.edu/colleges-staff/programs-services/running-start/>

How does it work?

- Up to 21 college credits each quarter
 - Summer start is now also an option after 10th grade
- Earn high school AND college credit
- Running Start classes and grades are transcribed on both a student's high school and college transcripts.
- Students can also work towards an Associate's degree.
- Students at Issaquah HS typically attend Bellevue College, Renton Technical College, or Central Washington: Sammamish.
 - Other options: Lake Washington Technical College, Cascadia College, & Green River

Eligibility

- Rising 11th and 12th grade students
- Recommended to have earned at least 10 high school credits prior to starting
- 24 high school credits are required for graduation
- Ready for college level course work
- You are still and IHS student, but you will be expected to be in charge of ALL aspects of college deadlines, registering for courses, communication and emails from the college. The college WILL NOT reach out to the school or your parents if there is an issue, only the student.

What does a Running Start Schedule Look Like?

- It really depends! There are a lot of options.
- **Full-Time Running Start**
 - Take ALL classes at the college
 - Typically 3 courses at a time each quarter
 - Eligible to take 21 college credits (*allowable, not always recommended*)
- **Part-Time Running Start**
 - Take 1-7 classes at Issaquah HS and some at college
 - Meet with your counselor to determine how many credits you can take at the college based on the number of classes you want to take at Issaquah HS

How do the credits work?

- 5 college credits = 1.0 high school credit
 - Example: English 101 (5 college credits) transfers to IHS as 1.0 American Lit.
- 1 college credit = .25 high school credit
- 2-3 college credits = .50 high school credit
- **Equivalency Guide:**
<https://resources.finalsite.net/images/v1684525078/issaquah/pgexntx3dxsuablmxlbk/ISD-BCRunningStartEquivalencyupdated050523.pdf>

Credits Cont.: Quarter System Versus High School Semester

- Colleges have 3 quarters: Fall, Winter and Spring
 - Full time students typically take 3 classes EACH quarter.
 - Most courses are 5 college credits. This means 15 college credits each quarter.
 - 5 college credits = 1.0 high school credit, so typically a full-time student earns 3 high school credits each quarter (fall/winter/spring), for a total of 9 high school credits per year and 45 college credits a year.
- One college course in a quarter, is like taking a FULL YEAR course at IHS.
- **Example:** Taking English 101 in Fall will garnish you a full year high school English credit, so you DO NOT have to take English in Winter or Spring.

Junior Year Plan Example

- Issaquah High 11th grade requirements (7 credits): 1.0 English, 1.0 Math, 1.0 Science, 1.0 US History, 3.0 Electives (or other requireds such as PE etc.)

Fall			
<u>Course</u>	High School Course Equivalent	College Credits	High School Credits
English 101	LA 11	5	1
History 148	US History	5	1
Psych 101	Elective	5	1
Pickleball	PE	1	0.25
			3.25

Winter			
<u>Course</u>	High School Course Equivalent	College Credits	High School Credits
Chemistry 121	Chemistry	5	1
Interior Design 171	CTE	5	1
Math 141	Pre Calc	5	1
			3

Spring			
<u>Course</u>	High School Course Equivalent	College Credits	High School Credits
Painting 201	Fine Art	5	1
Political Science 202	Civics	5	1
Rock Climbing	PE	2	0.5
Math 142	PreCalc 2	5	1
			3.5

How will I know what courses to sign up for?

- The Equivalency Guide will show you all the college courses that meet the high school credit requirements.
- Meeting high school requirements is priority.
- Your Counselor will sign off each quarter on the courses you wish to take so we can help make sure you are on track.
- It is the student's responsibility to register themselves for correct courses.
- **Equivalency Guides:**
 - **Bellevue:** <https://resources.finalsite.net/images/v1684525078/issaquah/pgexntx3dxsuablmxlbk/ISD-BCRunningStartEquivalencyupdated050523.pdf>
 - **CWU:** <https://resources.finalsite.net/images/v1684525332/issaquah/rou0jgyobdjwqwy6dem2o/ISD-CWURunningStartEquivalency.pdf>

Advantages

- **Free tuition:** Earn up to two years of tuition-free college credit.
- **Advanced Coursework:** Take advanced courses and a greater variety of courses than those available at Issaquah HS.
- **Adult Education Setting:** Students with academic interests not being met at a traditional high school can often flourish in a different setting.
- **Flexibility in Scheduling Classes:** Classes are available from 6:30am-10:00pm, online & weekends.
- **Faster Pace:** Students will typically cover the same amount of material in a quarter long course (10 weeks) as they would in a year-long high school class.
- **Earn more HS credit:** Due to the quarter system, students have the option of earning more high school credit than a 7-period day at IHS allows.

Things to Consider

- **Maturity:** Academic readiness, discipline, and responsibility
 - You may receive less academic support from professors. **The college WILL NOT communicate with parents/guardians. ALL communication will go to the student directly.**
- **Tuition is covered:** Books and fees are student's responsibility
- **Transportation:** Student's responsibility
- **College credit:** Credits may not transfer to all schools (out-of-state colleges)
- **Socialization:** College is an adult environment in which there is great age diversity; students are taking classes with all other college students (not just HS students)
- The Algebra 2 RST equivalent is not college level, and must be paid for out of pocket
- **Starting off 4-year college ahead:** Possible added pressure to declare a major quickly due to increased credits

Things to Consider Continued...

- **Scheduling:** Balancing IHS's block schedule with a RST schedule for part-time students can be a challenge.
- **You are not guaranteed classes at RST:** Be intentional with planning and scheduling
- **Math placement:** Students in Geometry must consider math options carefully.
- Student GPA could be considered a participation guideline:
 - Students must maintain a minimum GPA of a 2.0 in college classes or they will be placed on academic probation. If GPA does not improve, student will be ineligible to participate in the RST program.
- Part-time students cannot take courses at the college that conflict with their courses at the high school.
 - Example: Signing up for a class that would require a student to leave IHS early every Wednesday.

Things to Consider Continued...

- Colleges are on the quarter system, breaks don't always align with ISD's.
- Running Start students are IHS students attending a local college, so they must meet all high school graduation requirements to earn an IHS diploma.
- At IHS we help advise on high school graduation requirements, but all other questions and processes take place at the college.
 - As a Running Start student, making changes to your college classes after the first week of the quarter could result in additional charges that you will have to pay for.
 - Sign up to meet with a Running Start Advisor.
 - Students must be an advocate for themselves.

How to Enroll

- 1) Attend a Running Start information Session.
- 2) Complete Running Start application on the college website.
- 3) **Check your email** for instructions from the college and complete ALL outlined enrollment steps. **All emails will go to the STUDENT not parents, or the school.**
- 4) Do your English and Math Placement. **This is REQUIRED.**
- 5) Complete high school forms linked on the [website](#). (step 2).
- 6) Upload your forms and proof of placement email from the college to the Issaquah High School [google form](#). **Google Form opens April 1st, 2025.**
- 7) See Mrs. Lipsen, Counseling Secretary, to make an appointment with your Counselor.
- 8) After you meet with your Counselor and have required forms signed, register for courses. **Counselors DO NOT register for you.**

English and Math Placement

- Applications will not be processed until you complete this step, and you will NOT be able to register for classes.
- See the college website for directions. You will need a transcript.
- Transcripts can be ordered via Parchment. See [Counseling website](#).
- Math options for students enrolled in Geometry:
 - Take Alg. 2 at the high school (free)
 - Take Alg. 2 through our [online program](#)
 - Pay out of pocket to take Alg. 2 at the College (it's a 2 quarter course)

The Application

- The running start application has multiple steps. You must complete ALL steps. Make sure to pull the dropdown menu down, there are multiple forms.
- **CHECK YOUR EMAIL DAILY.** The college will send next steps once your application is accepted, you are NOT DONE. More steps will be sent via email to include creating a college email account, and reviewing the college policies.

Phase 1: Apply to Bellevue College and Submit the RS Intent



Complete the Bellevue College Application



Submit the Running Start Intent



Phase 2: Set Up Accounts (ctcLink and NetID)



Phase 3: Complete Required Items for Enrollment



Phase 4: Enroll in Classes and Make Payment



Issaquah High School

- IHS Website has all steps and required forms.
- **Students should register for 7 periods at IHS.**
- **Issaquah High Required Items:**
 - College application submission
 - IHS Participation Agreement Form
 - Completion of online google form with required documents uploaded
 - Meeting with your School Counselor upon completion of the above steps
 - **Completion of college steps including:**
 - Running Start Intent Form (BC only)
 - Uploading signed EVF
 - Completion of English and Math placement with the college

Running Start

Spring Quarter 2024 EVF forms may be signed and submitted to your college of choice anytime starting 1/8/24. Colleges will start accepting forms on 2/1/24, and registration opens around 2/12/24. As always, earlier is better to have your form signed!

Running Start is intended to provide students in grades 11 and 12 a program option consisting of attendance at certain institutions of higher education and the simultaneous earning of high school and college/university credit. Students register at a local college while maintaining enrollment in high school.

IHS Counselors support students interested in participating in Running Start (RS) by helping students explore if RS is a good fit, planning/tracking graduation credits, and signing quarterly Enrollment Verification Forms. Counselors are not able to support students with their college enrollment or class registration processes.

[Signing up for RS at IHS](#)[RS Colleges/Programs](#)[New RS Students](#)

Still Have Questions?

- Review the High School Options slide deck presented in homeroom on 2/25.
- Attend a Flex Session hosted Q & A style with your Counselors.
 - Two sessions available: 2/26 and 3/5 in the theatre.
- Attend an information session at the college; in person and zoom options are available. Check the Running Start website for each college you are interested in!
- You will have a 1/1 meeting with your Counselor *after you have completed all your application steps*, so have no fear, we will help you navigate things!

Thank you!

