



RUNNING START 101

Information Session



What We Will Cover Today...

A decorative graphic consisting of two horizontal wavy lines, one white and one yellow.

01

**What is
Running
Start?**

Where is it offered?

02

**Why Students
Choose to Do
Running Start**

Things to think about

03

**Who
Running
Start is For**

Is it the right fit for
you?

04

**How do I do
Running Start**

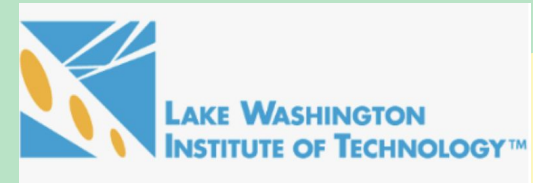
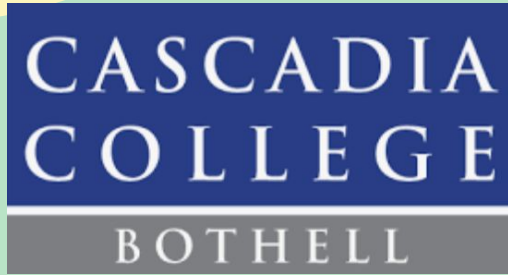
Steps after today

What is Running Start?

An opportunity for High
School Juniors and/or
Seniors to attend
college and earn
College Credit and
High School credit at
the same time.




Running Start Locations:

**Click on the College logo for more information about their Running Start program





Schedule and Credits Comparison

 Running Start	High School
<u>Terms: Quarters</u> Fall (Sept-Dec) Winter (Jan-March) Spring (April-June)	<u>Terms: Semesters</u> Fall (Sept-Jan) Spring (Feb-June)
Number of Classes: 3+ (Full Time)	Number of Classes: 6-7 (Full Time)
 Credits: 15 / quarter = 3 HS credits 45 / year = 9 HS credits	Credits: 3.0 - 3.5 HS credits / semester 6 - 7 HS credits / year
 Term Length: 11 weeks	Term Length: 18 weeks
<u>School Breaks</u> Winter Break: ~ 3 weeks in December/Jan Mid-Winter: NO Break Spring Break: ~ 1 week in March	<u>School Breaks</u> Winter Break: 2 weeks in December/Jan Mid-Winter: 1 week in February Spring Break: 1 week in April

Schedule and Credits Comparison

Sample
Cascadia
schedule
for an 11th
grader

	FALL QRT	WINTER QRT	SPRING QRT
	English 101	College 101	Physics 101
	History 148	Math 141	Math 142
	Art	Elective	Elective
HS Credits Earned:	3	3	3

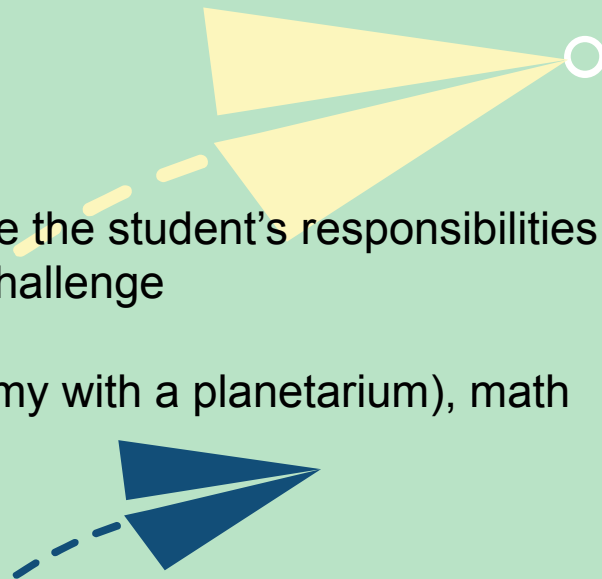
Sample
NCHS
schedule
for an 11th
grader

	1 st SEMESTER	2 nd SEMESTER
	English	English
	History	History
	Math	Math
	Science	Science
	World Lang	World Lang
	Elective	Elective
	Art	Art
HS Credits Earned:	3.5	3.5

WHY DO RUNNING START?

Benefits of Running Start:

- ❖ Free College Tuition!
 - Books, Classes fees, and parking are the student's responsibilities
- ❖ Advanced Course Work and Academic Challenge
- ❖ Wider Variety of Course Selection
 - World languages, sciences (astronomy with a planetarium), math offerings, etc...
- ❖ Flexible schedule
- ❖ More Independence
- ❖ Connections with College Faculty
- ❖ A new social environment
- ❖ Opportunity to earn a 2 year degree (AA/AS) while in high school



Opportunity to earn a 2 year (Associates) Degree

CASCADIA COLLEGE
ROTHELL • OUR COMMUNITY'S COLLEGE

Associate in Integrated Studies - DTA
2022-2023 Catalog • for use until June 30, 2023

Student: _____ **SID:** _____ **Transfer College:** _____

Degree requires at least 90 college level credits (numbered 100 and above) with a minimum 2.0 cumulative GPA, a minimum of 25 credits completed in residence, and completion of all requirements. **University admission requirements vary**—consult with an advisor for specific information.

GENERAL EDUCATION CORE COURSES

✓ Complete	Course Name and Number	Credits	Credits Remaining
	COLL 101 - must be completed within the first 30 credits		
	ENGL&101		
	ENGL&102		
	Quantitative/Symbolic Reasoning: choose one: MATH&107, MATH&131, MATH&132, MATH&141, MATH&142, MATH&146, MATH 147, MATH&148, MATH&151, MATH&152, MATH&163, MATH 208, MATH 238, MATH 246, MATH&264, PHIL&120		

20 CREDITS

EQUITY, DIVERSITY & POWER REQUIREMENTS: (10 cr) Courses count toward corresponding distribution area.

☐ Choose one of the following EDP courses (5 credits) – CMST 150, GS 150, HIST 150, HUMAN 150, **or** SOC 150 **AND**

☐ One additional course designated EDP in any distribution area below (5 credits) (see back for options)

☐ **INTEGRATED LEARNING REQUIREMENT:** No minimum credit required (see back for description)

HUMANITIES DISTRIBUTION REQUIREMENT

Completion of a minimum of 15 credits from at least 2 different disciplines with a maximum of 10 credits from 1 discipline. **No more than 5 credits** from those courses designated by an underline as performance/skills, applied theory or lecture/studio courses. Only 5 credits of world language at the 100 level may be included.

✓ Complete	Course Name and Number	Credits	Credits Remaining

15 CREDITS

SOCIAL SCIENCES DISTRIBUTION REQUIREMENT

Completion of a minimum of 15 credits from at least 2 different disciplines with a maximum of 10 credits from 1 discipline.

✓ Complete	Course Name and Number	Credits	Credits Remaining

15 CREDITS

NATURAL SCIENCES DISTRIBUTION REQUIREMENT

Completion of a minimum of 15 credits from at least 2 different disciplines with a maximum of 10 credits from 1 discipline, and include at least **5 credits of a LAB course (underlined)**. At least 10 credits required in physical, earth and/or biological sciences. Only 5 credits of Mathematics may be used.

✓ Complete	Course Name and Number	Credits	Credits Remaining
	<u>Lab Science</u>		

15 CREDITS

REQUIRED ELECTIVE CREDITS [will you need world language for transfer?]

✓ Complete	Course Name and Number	Credits	Credits Remaining

25+ CREDITS

Pre-College Level Courses (if applicable)

Math: _____

minimum **90 TOTAL CREDITS**

- ❖ If you do Full Time Running start for 2 years, you have the opportunity to earn a 90 credit associate degree
- ❖ Visit the College website to view associate degree planning sheets (sample on left)

Work with your Running Start College Advisor to help track credits for the AA



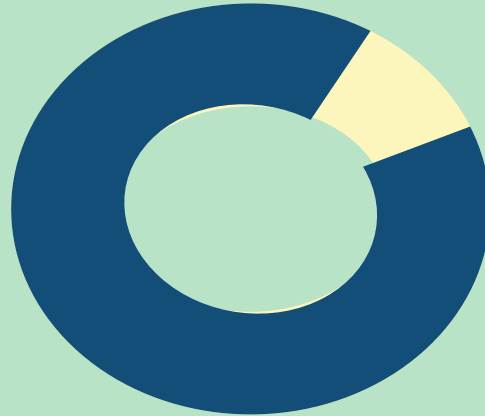
Cost

Paid by NSD

Tuition!

★ Up to 21 credits/quarter for full time Running Start (with RSEVF)

**WE DO NOT RECOMMEND MORE THAN 16 A QUARTER



Paid by Student

- ★ Textbooks, class materials
- ★ Class fees
- ★ Parking (at some colleges)
- ★ Any credits over the approved 21/quarter
- ★ Any classes below the 100 lever (Math 095, Eng 092)

Is Running Start the Right Fit?

Are you...

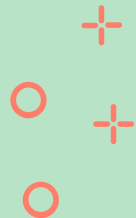
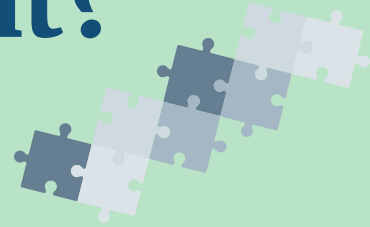
- Independent and Motivated?
- Consistent with attendance and work completion?
- Excited about academic challenges?
- Doing well academically?
- More mature than most high school students?
- Comfortable with diverse situations?
- A strong self-advocate and able to ask for help on a large campus?
- Able to commit to the program for a full year?
- Planning on going to college after high school?



Is Running Start the Right Fit?

Challenges...

- Faster pace and more demanding
- Independent with gradebook
- Transferring credits
 - Transfers well in state but not out of state
 - Private college and out of state college may not accept RS credits
- Harms your high school and college transcript if you do poorly
- More removed from the high school life
 - Miss out on assemblies/activities at NCHS
- New social environment/more age diversity
- Ensuring that high school graduation requirements are met
- Non-aligned break dates between high school and college
- Books, Class fees, and other costs
 - Can be a few hundred dollars per quarter



What about Part Time?

Challenges/Things to Think About

- **Difficult to Manage/Balance**
- **Parking, Transportation and Attendance**
 - ◆ Must be on time
- **Your NCHS schedule will not change each quarter to accommodate your college schedule**

- **Different calendars**
 - ◆ Holidays, Breaks, Assembly schedules, Testing schedules
- **Running Start is a year-long commitment**



**We highly encourage
Full-Time Running Start**



How?



Next Steps



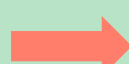
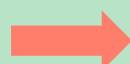
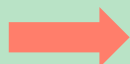
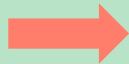
Placement



**Meeting
with your
Counselor**



Interested? Next Steps...



Review all
Registration
Info and
think about
your
options
next year

Attend a
Running
Start
Information
Session at
the College
of your
Choice

Apply for
Running
Start at
the
College
of your
Choice
(Online)

Complete
the NCHS
Running
Start
Packet
and
Contract

Meet with
your NCHS
Counselor



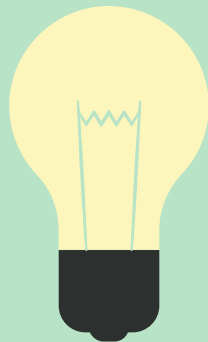


You must still register for a full schedule at NCHS

***Add Running Start as a 15th line:
Full Time (MRK111) - Part Time (MRK114)**



Placement Requirements



**You will need
to “Place”
into some
classes**

Typically the first
English, Math and
Science you take



**Submit your
transcript for
placement**

More information can
be found on the
college’s Running Start
website.

[Cascadia example](#)



**Must meet all
Program
Deadlines**



After completing *all* application steps with your chosen college
-> THEN meet with your NCHS Counselor

Book

Make an appointment
(via Bookings,
Student Square or
Email)

Bring

Bring your **signed** RS
Packet/Contract and
RSEVF

Plan

Your counselor will
help you plan out your
graduation
requirements and sign
your registration form

Fill out (signed by you and guardian) and bring with you each quarter when you meet with your NCHS counselor

2023-24 Running Start Enrollment Verification Form

Student Name: _____

Last Name _____ First Name _____ MI _____

Home Phone: _____ Cell Phone: _____

Email Address: _____ High School SID#: _____

Responsible Parent/Guardian: _____

College: _____ College SID #: _____

☐ Check if this is a revision
☐ New Student
☐ Returning Student
☐ Student Enrolled in Multiple Colleges

☐ Spring Quarter Eligibility Adjustment Form (SQEAF) attached.

Free and Reduced-Price Lunch (FRPL) Status (required to be completed)

Students who are currently FRPL-eligible (or anyone 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 Ctr. / 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	14.0	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		

^a Students should check with college about the maximum number of credits allowed. Overages may require college approval.

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 _____

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:
 - paying all college tuition and fees associated with exceeding the college credits identified in the table, or
 - 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 a 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 _____

Running Start Packet



North Creek High School Running Start Agreement

Full Name: _____ Student ID#: _____ Class of _____

The North Creek High School counselors want students to be fully informed of the added responsibilities and unique circumstances that participation in the Running Start program entails. In order to participate in the Running Start program both students and parents need to review this agreement, **initialing each line item.**

Student Initial/Parent Initial

1. ____/____ Students are responsible for maintaining full time status. Full-time Running Start (15 credits per quarter or a combination of Running Start and NCHS classes. It is recommended students get permission from their NCHS counselor **PRIOR** to dropping a Running Start (RS) class. It is the student's responsibility for dropping any RS classes prior to the drop deadlines.
2. ____/____ Entrance into RS varies for each community college. All students must place into English 100 and/or Math 100 or higher to be in RS. Course numbers 099 and below are not eligible for RS funding and will have to be paid for by the student. See your counselor to determine how these classes will translate into high school credits.
3. ____/____ Due to the fact that the grading periods are not aligned, RS is recommended to be a year-long commitment. **Starting or ending RS mid-year may adversely impact student's credits.**
4. ____/____ It is the responsibility of RS students and parent/guardians to stay informed regarding Diploma Requirements, college application/testing deadlines and Graduation ceremony information. This can be done by checking emails, Remind messages, and the NCHS website.
5. ____/____ Colleges treat RS students as college students and will not communicate attendance or academic concerns to the parent without a signed release on file with the college.
6. ____/____ NCHS 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. Missing school at one facility because the other is not in session will not be accepted as an excused absence. **RS courses and transportation time cannot conflict with a student's NCHS schedule. Parents must call the attendance office to excuse any absences due to alternate schedules (assembly days, PTSA testing, etc.).**
7. ____/____ The earlier students register at the college, the better their chances will be to get their desired courses. There is no guarantee that students will be able to register for the classes desired at the community college. Monitoring all RS deadlines is the responsibility of the student.
8. ____/____ All RS grades received will become a permanent part of the student's high school **and** college transcripts. Students must take all courses for a letter grade. College academic courses frequently require a high level of self-discipline. **The college will not send progress reports or warnings; therefore, students are responsible for monitoring their own progress**

Checklists, Instructions, Planning Sheet

★ It is important to plan out what courses you will take each quarter for the entire year

Course Equivalencies, Graduation Progress Tracking Sheet

Running Start Course Planning Sheet

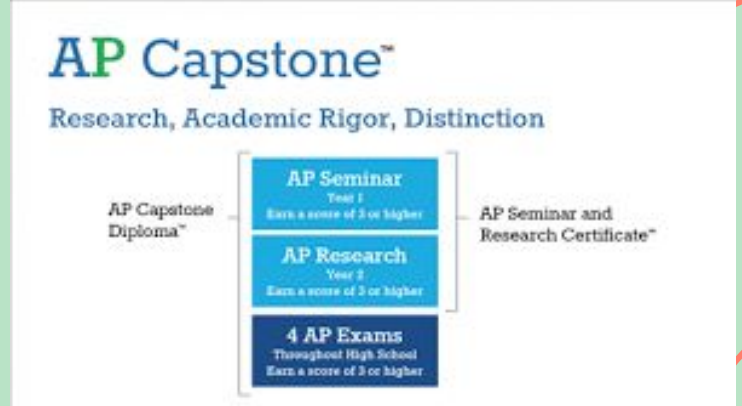
Junior Year		
NCHS Fall Semester		NCHS Spring Semester
RS Fall Quarter	RS Winter Quarter	RS Spring Quarter
Senior Year		
NCHS Fall Semester		NCHS Spring Semester
RS Fall Quarter	RS Winter Quarter	RS Spring Quarter

# of NCHS semester classes	Free credits allowed through RS
0	21
1	18
2	16
3	14
4	12
5	10
6	8
Additional Graduation Requirements	
SBAC- Reading	Washington State History
SBAC- Writing	High School and Beyond Plan
Math EOC (CHS or RS 100+) or SBAC Math	Biology EOC or Next Generation Science

Contract, RSEVF

★ You will bring these to the meeting with your counselor

Last Notes



- ❖ Dropping Running Start Classes
 - **Must get prior approval from counselor before dropping a Running Start class**
 - **If dropping a class causes a student to have less than 15 credits at the college, the student must take some classes at North Creek high school.**

- ❖ Athletics
 - You can participate in sports at North Creek HS AND be a full time running start student
 - You must fill out the WIAA Eligibility [form](#) prior to the start of the season
 - You cannot drop a Running Start class - it will make you ineligible for sports
 - Running Start grades affect your sports eligibility

RS Website



<https://northcreek.nsd.org/counseling/running-start-clone>





Questions?



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ORCA PROGRAM (EverettCC)



The Ocean Research College Academy (ORCA) is a full-time, dual credit, early college program designed exclusively for

Running Start (juniors and seniors in high school) students. Students in the program work with the same core faculty for two years, at the end of which they will earn an Associate's in Arts and Sciences. Key to our effort is a focus on the rigor of college, the relevance of the world around us, and the kind of relationships that allow students to take intellectual risks and connect to professionals throughout our community. *ORCA is a community of active, responsible and inquisitive learners who grow through rigorous and integrated studies grounded in the marine environment.*



Orca is located in a state of the art facility on the Everett Waterfront at the Port of Everett's Waterfront Center. With two generous grants from the National Science Foundation, ORCA was able to build an oceanographic research lab for students and a dedicated 34' research vessel.

