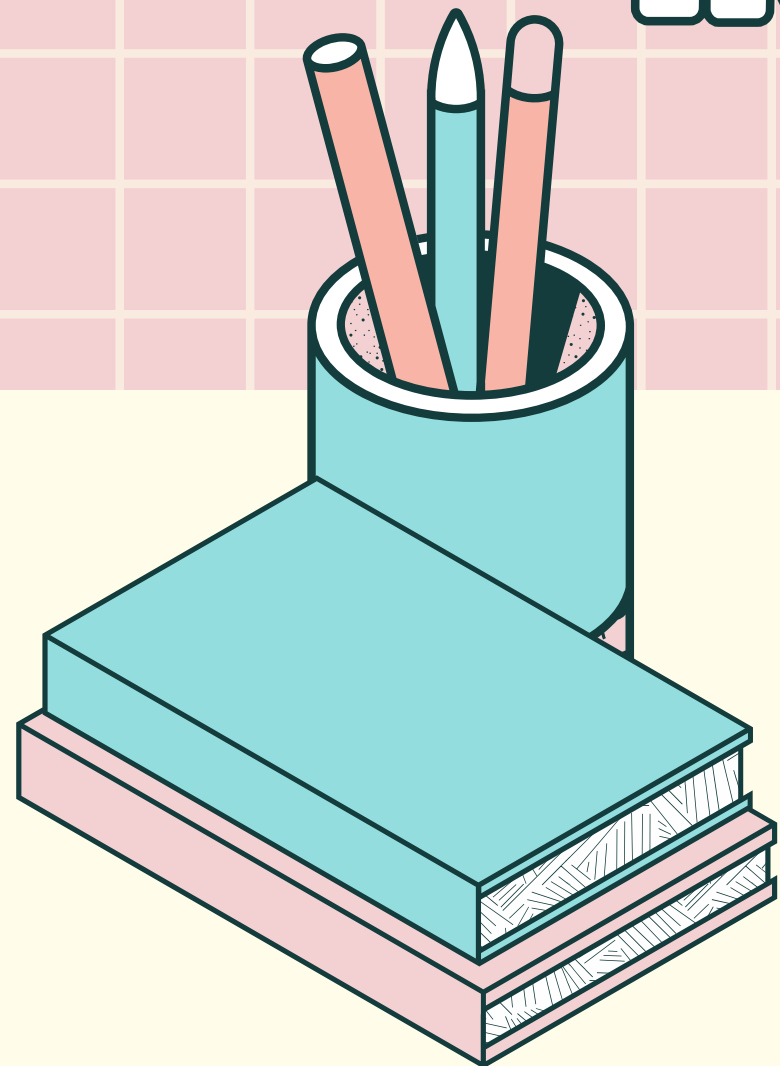


RUNNING START

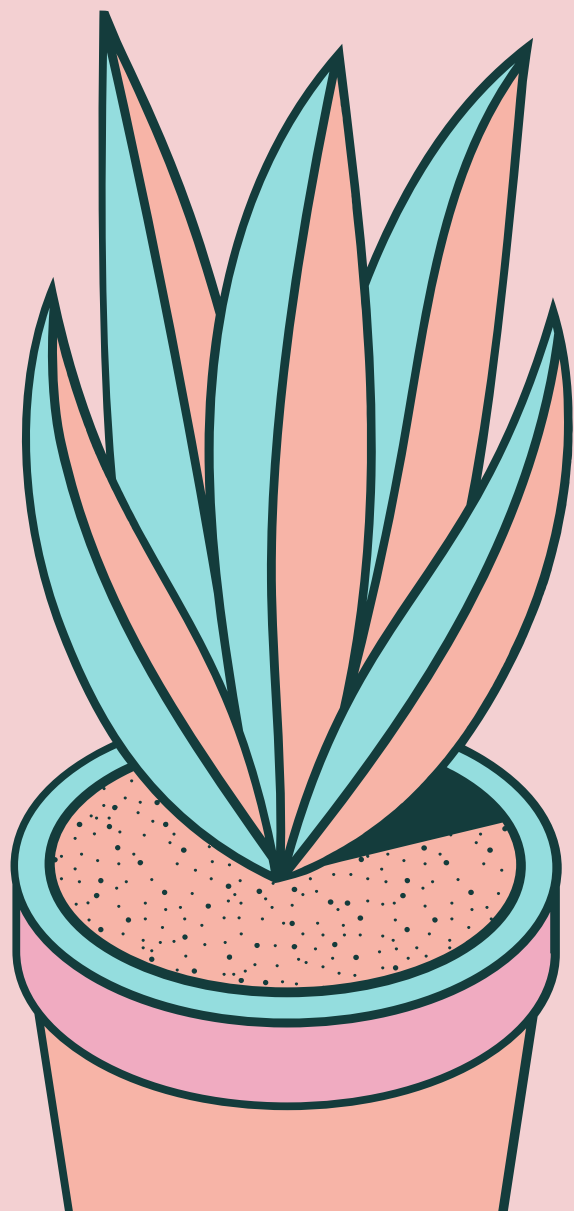
INFORMATION SESSION



2025-2026 School Year
International Community School



AGENDA



- **What is Running Start?**
- **Tips from current RS Students**
- **Eligibility**
- **Advantages**
- **Things To Consider**
- **AP VS. Running Start**
- **Local Running Start Options**
- **Steps to Enroll**
- **RSEVF**
- **Summer Running Start**
- **Enrollment Dates**

WHAT IS RUNNING START?

Running Start is an opportunity to earn College Credit and High School Credit at the same time starting summer before 11th grade



ELIGIBILITY

REQUIREMENTS

Grade: Rising 11th or 12th

Placement Tests: Math or English (if needed)

Must meet all program deadlines

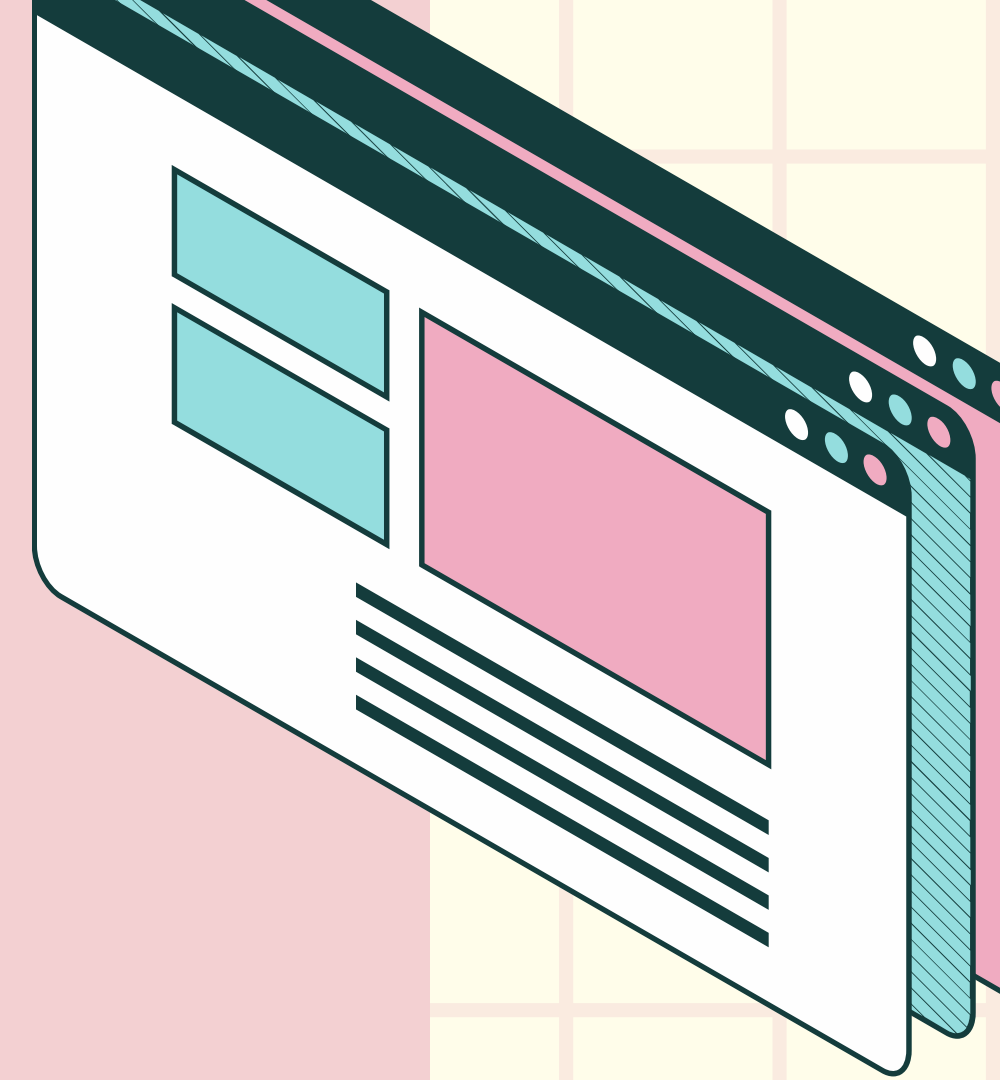
COST

Tuition: School district pays (depends on ICS enrollment, see RSEVF)

Books, class/student fees, and parking: Student responsibility

Note:

Running Start only funds college level courses (100 level and above)



ADVANTAGES

- **Free college tuition**
 - Depending on the number of ICS/RS classes you take
- **Advanced coursework**
 - Students can take advanced courses and a greater variety of courses than those available at ICS
- **Different Education Setting**
 - Students with academic interests not being met at a traditional high school can often flourish in a different setting



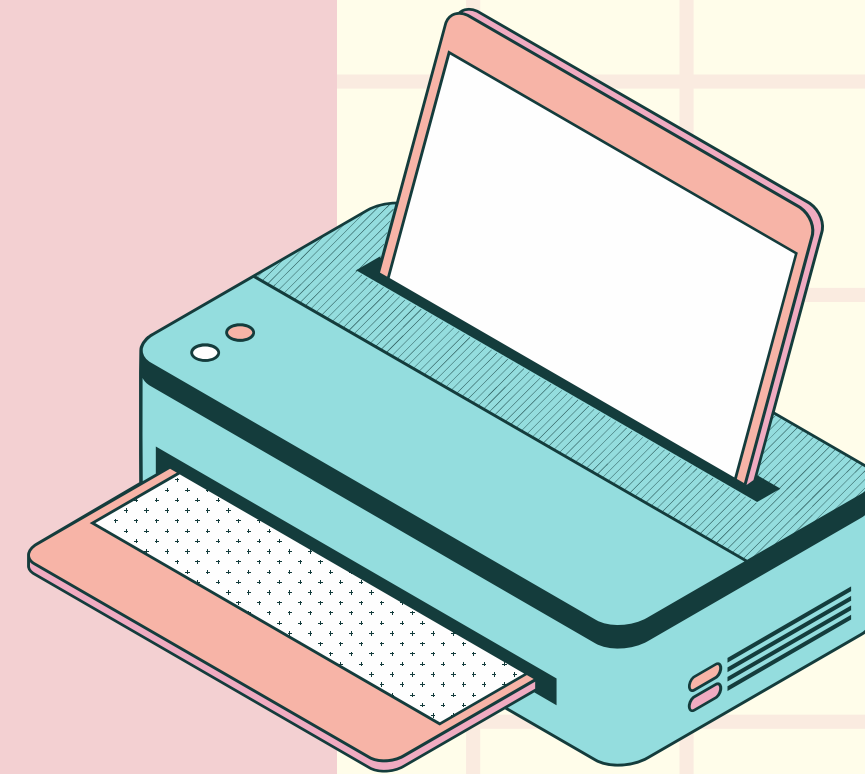
ADVANTAGES

- **Flexibility in scheduling classes**
 - **Classes are available from 6:30am-10pm, online, weekends, etc.**
- **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 course**
- **Earn more HS credit**
 - **Due to the quarter system, students have the option of earning more high school credit than a 6 period day at ICS allows**



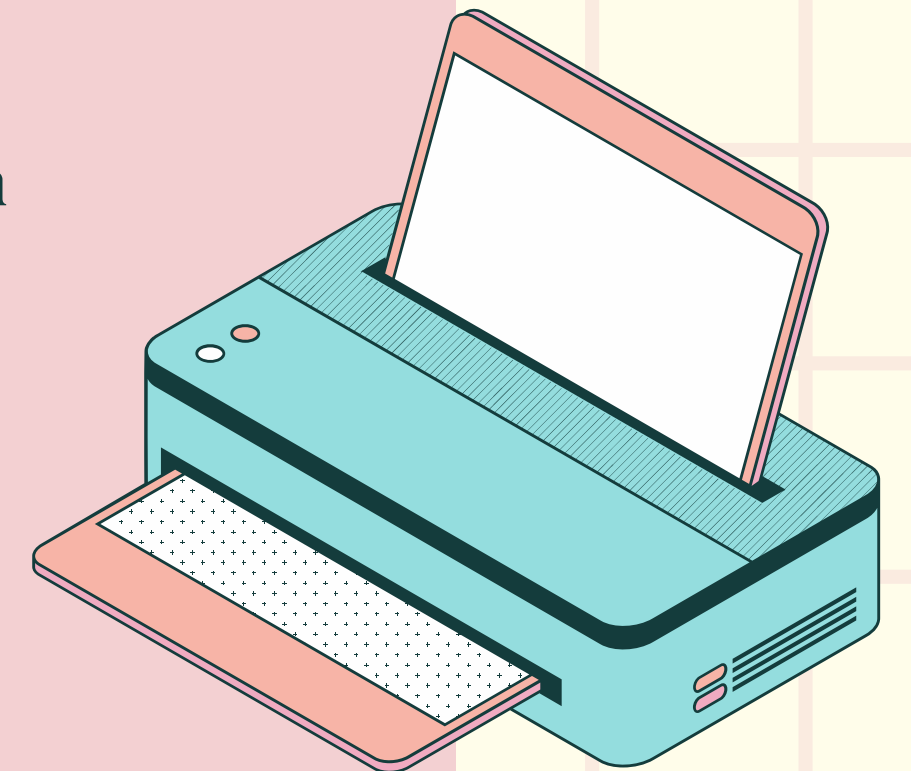
THINGS TO CONSIDER

- **Maturity**
 - In addition to academic readiness, students must have the personal discipline and responsibility to handle independence and the pace of college classes. You may receive less academic support from professors
- **Additional Costs**
 - Books and fees are students responsibility
- **Transportation**
 - Student/family responsibility
- **Scheduling**
 - Balancing ICS's schedule with RS can be a challenge
- **Classes not guaranteed**
 - Be intentional with planning and scheduling
- **Math placement**
 - You may need to take a math placement test or submit a transcript before you can register



THINGS TO CONSIDER

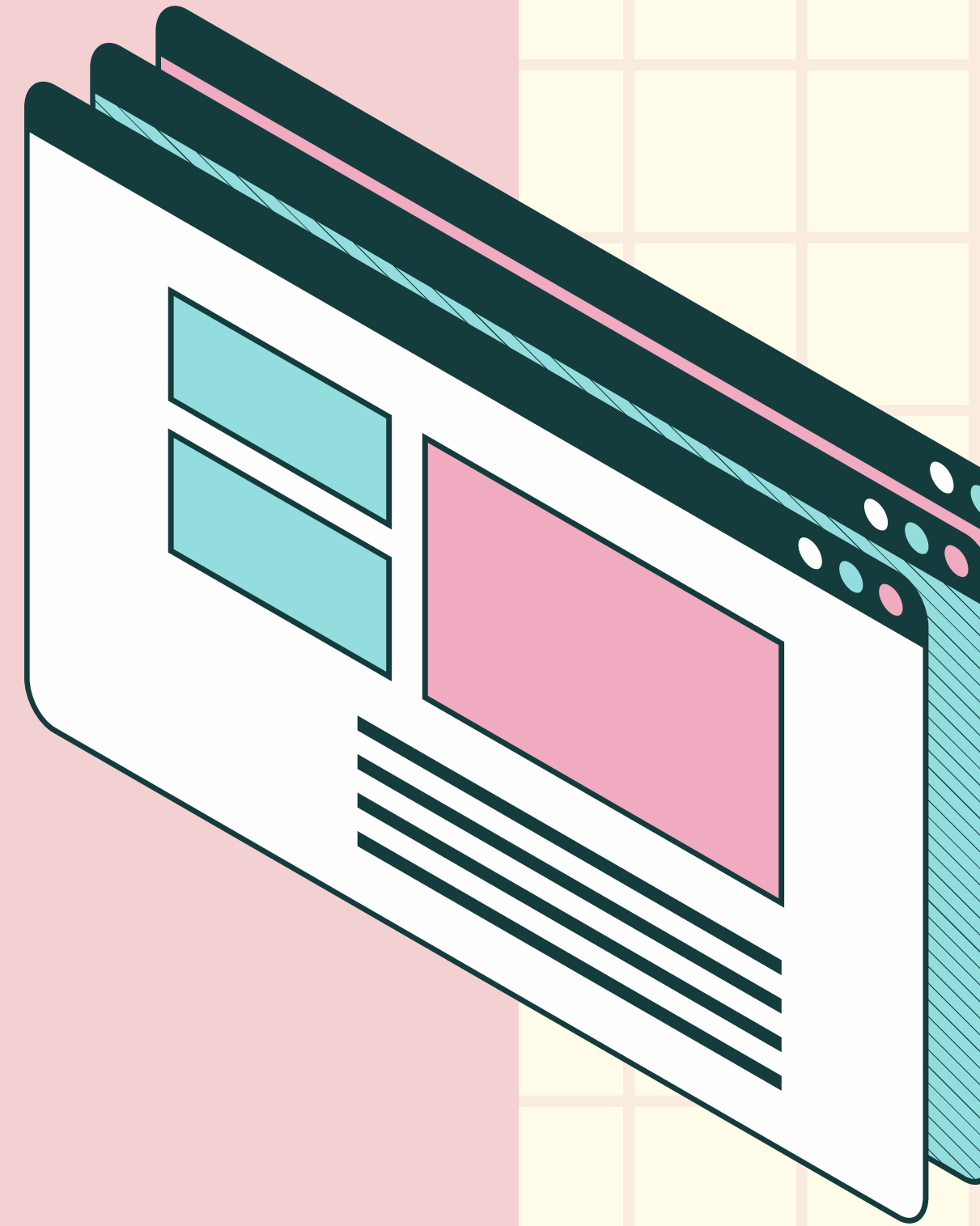
- **Starting off 4-year college ahead**
 - Possible added pressure to declare a major quickly due to increased credits
- **Yearlong commitment**
 - Including Fall, Winter and Spring quarter
- **College Credit**
 - Your RS credits may not transfer to all schools (out-of-state-colleges)
- **High school graduation requirements**
 - It's the student's responsibility to keep track of graduation requirements
- **Conflicting vacations**
 - Keep in mind that winter breaks/spring breaks may not align
- **Grades matter**
 - Doing poorly harms BOTH high school and college transcripts



AP VS. RUNNING START

Both Running Start and Advanced Placement (AP) are considered college level work desired by many college admissions offices.

Many 4 year colleges do not prioritize one model of college-level course over another and view Running Start, College in the High School, IB, Cambridge, and AP coursework equally for admission purposes.



AP VS. RUNNING START

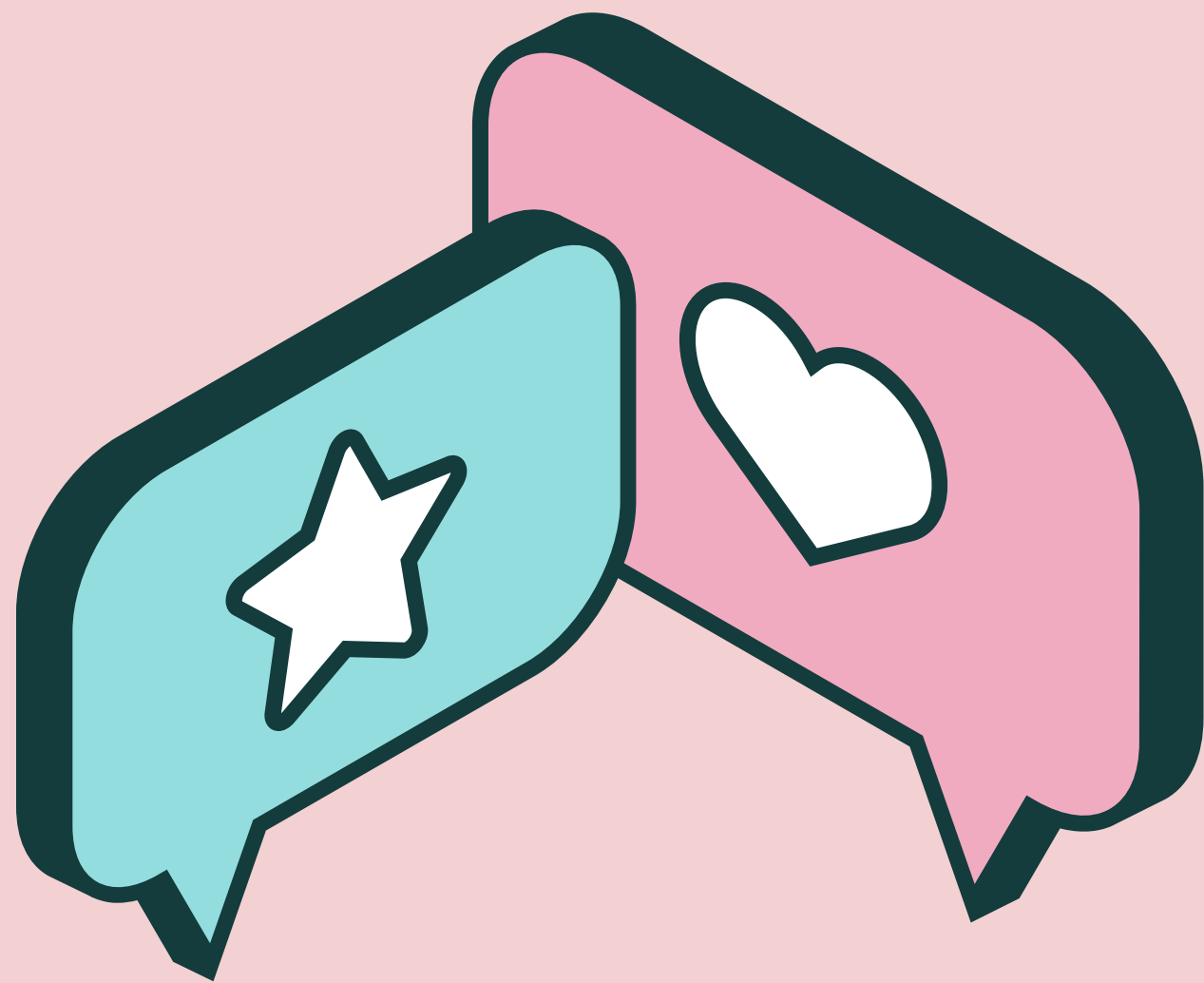
AP

- AP allows students to take college level courses while at ICS. Students earn high school credit and may or may not earn college credit at their college based on their score from a nationally recognized end-of-course exam
- The AP curriculum and exam grading rubric are standardized across states and countries
- Students may earn credit based on AP Test Score policies at schools of interest. Credit may be awarded for scores of 3+ on the AP test, with many schools requiring a 4 or 5. Check with your prospective college.
- Credit best transfers to most colleges with appropriate AP Test Scores

RUNNING START

- Running Start is a program that allows 11th and 12th graders to take college courses at Washington's community and technical colleges.
- Students earn both high school and college credits for these courses.
- The curriculum, rigor, grades, etc. set by the Running Start institution.
- Student earns credit and establishes a transcript
- Credit best transfers to Washington state colleges and some out-of-state colleges



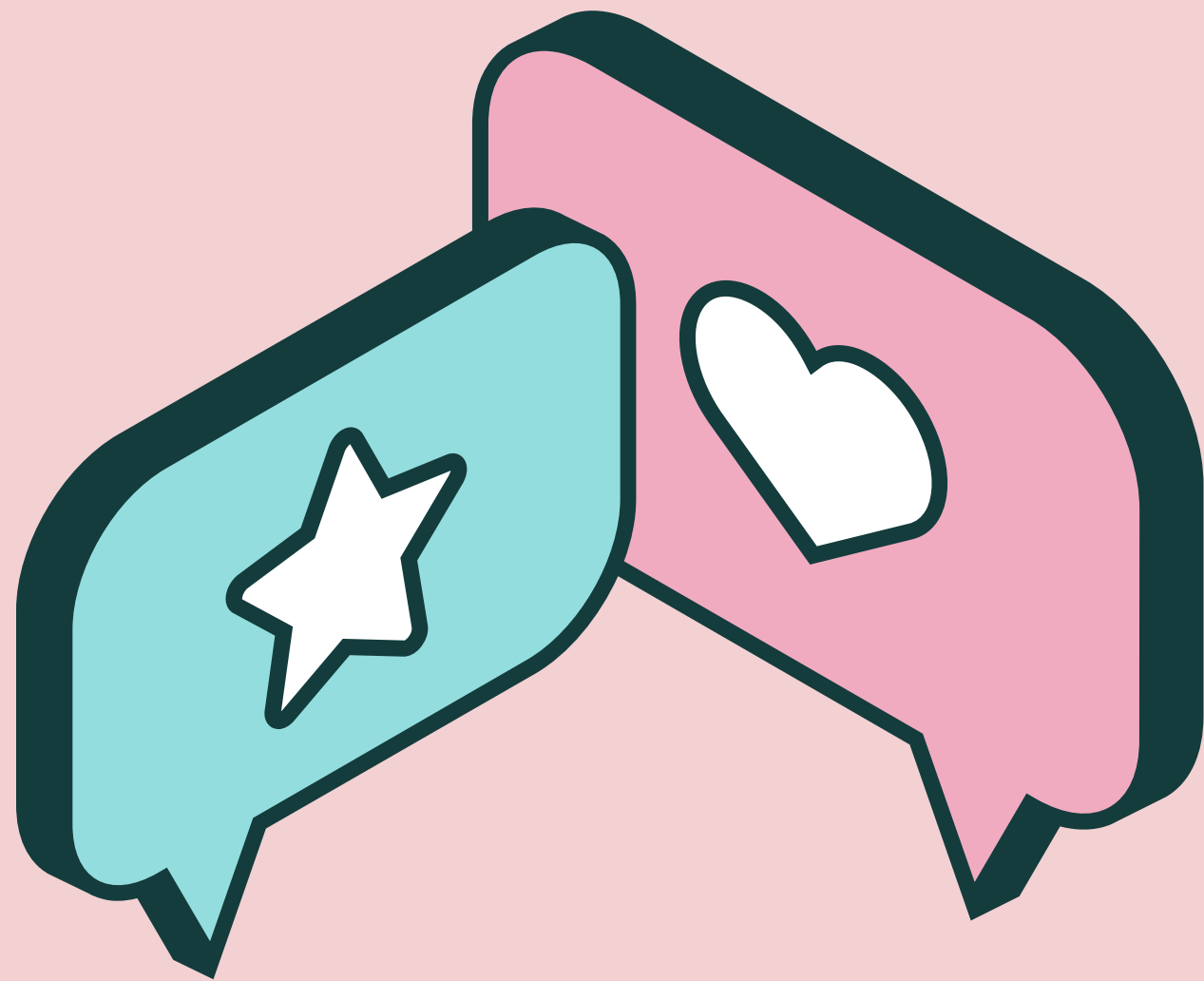


WHAT DOES RUNNING START LOOK LIKE FOR ICS STUDENTS?

**Typically it looks like a student
taking 4 classes at ICS each
semester and 1 RS class per
quarter.**

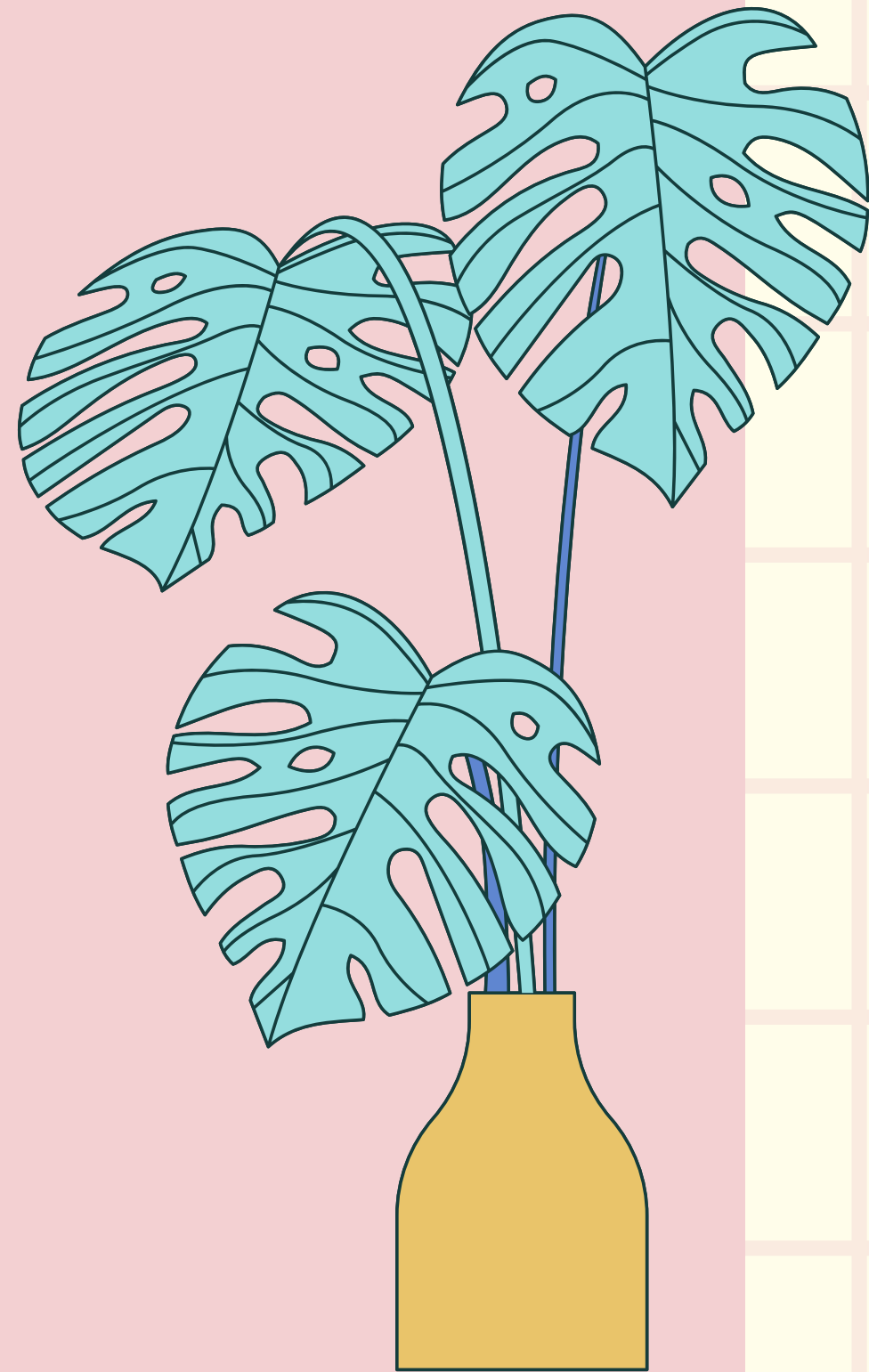
**ICS students take core classes at
ICS and supplemental courses
through RS**

WHAT CAN RUNNING START LOOK LIKE FOR ICS STUDENTS?



ICS Classes (Year Long)	RS Fall Quarter	RS Winter Quarter	RS Spring Quarter
Hum IS Science Art Elective	Calculus BC	Practical Accounting I	Practical Accounting II

LOCAL RUNNING START OPTIONS



Bellevue College (BC)

Very large campus, wide range of courses available

Lake Washington Institute of Technology (LWIT)

Located in Kirkland, small campus, specializes in career and technical courses, more limited course offerings

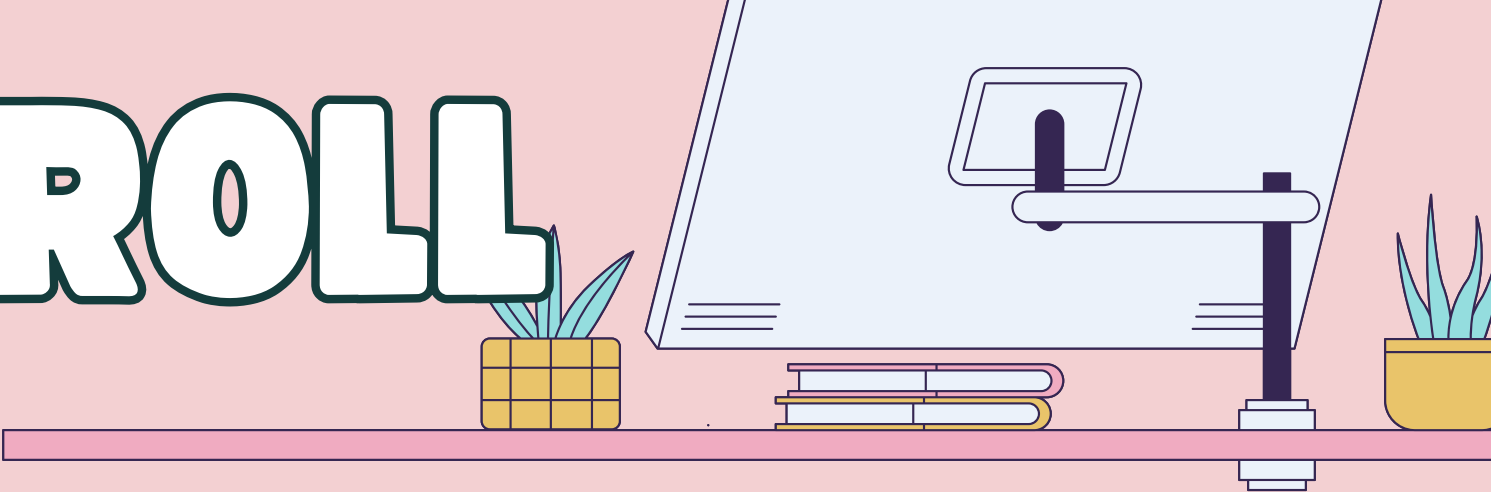
Central Washington University (CWU)

Located in Sammamish, small campus, work closely with advisor, small class sizes, more limited course offerings

Cascadia College


Shares campus with UW Bothell, wide range of courses available

STEPS TO ENROLL



STEP 1: RESEARCH

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



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 college's requirements and process

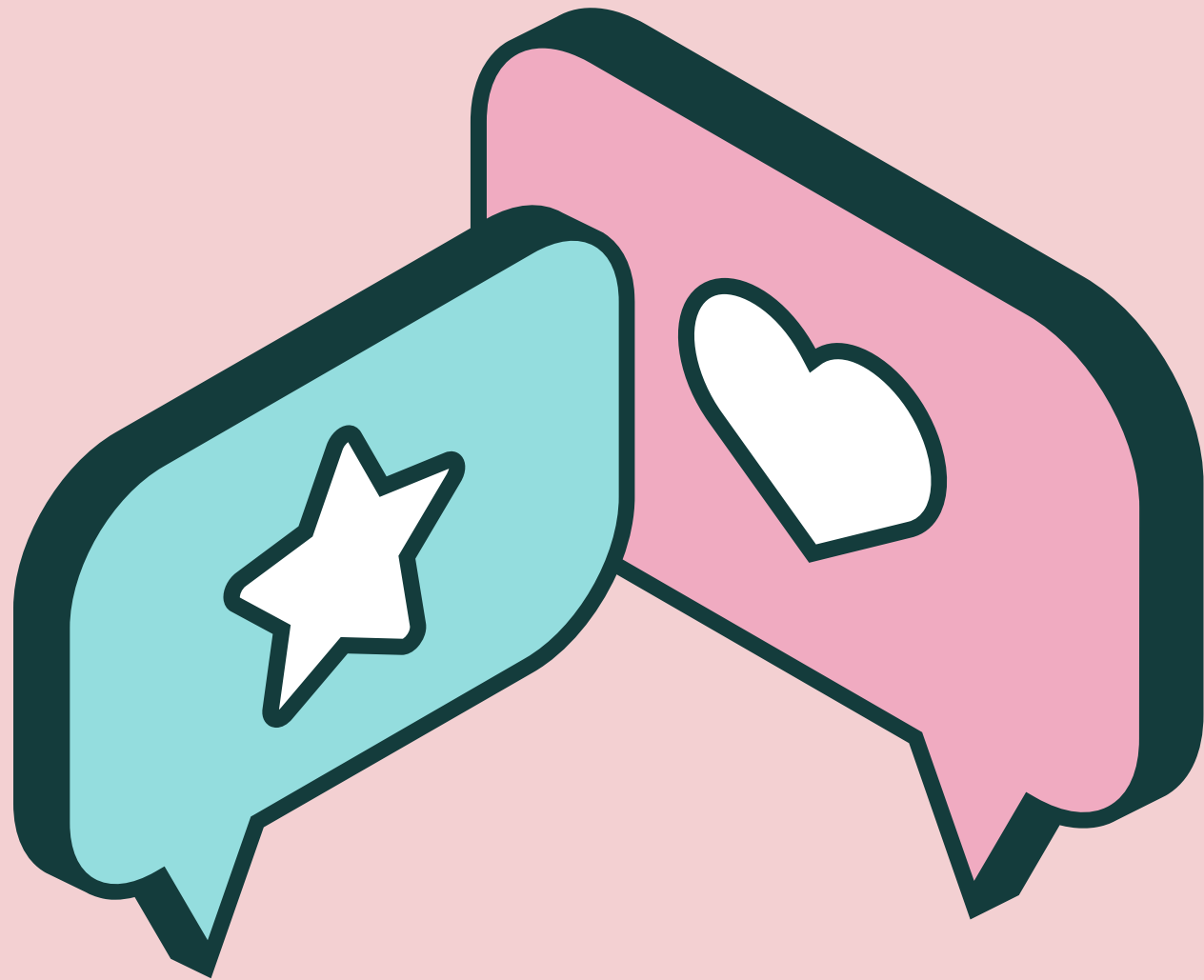
STEP 3: COMPLETE ICS PROCESS

Meet with the ICS high school counselor. In the meeting we will review:

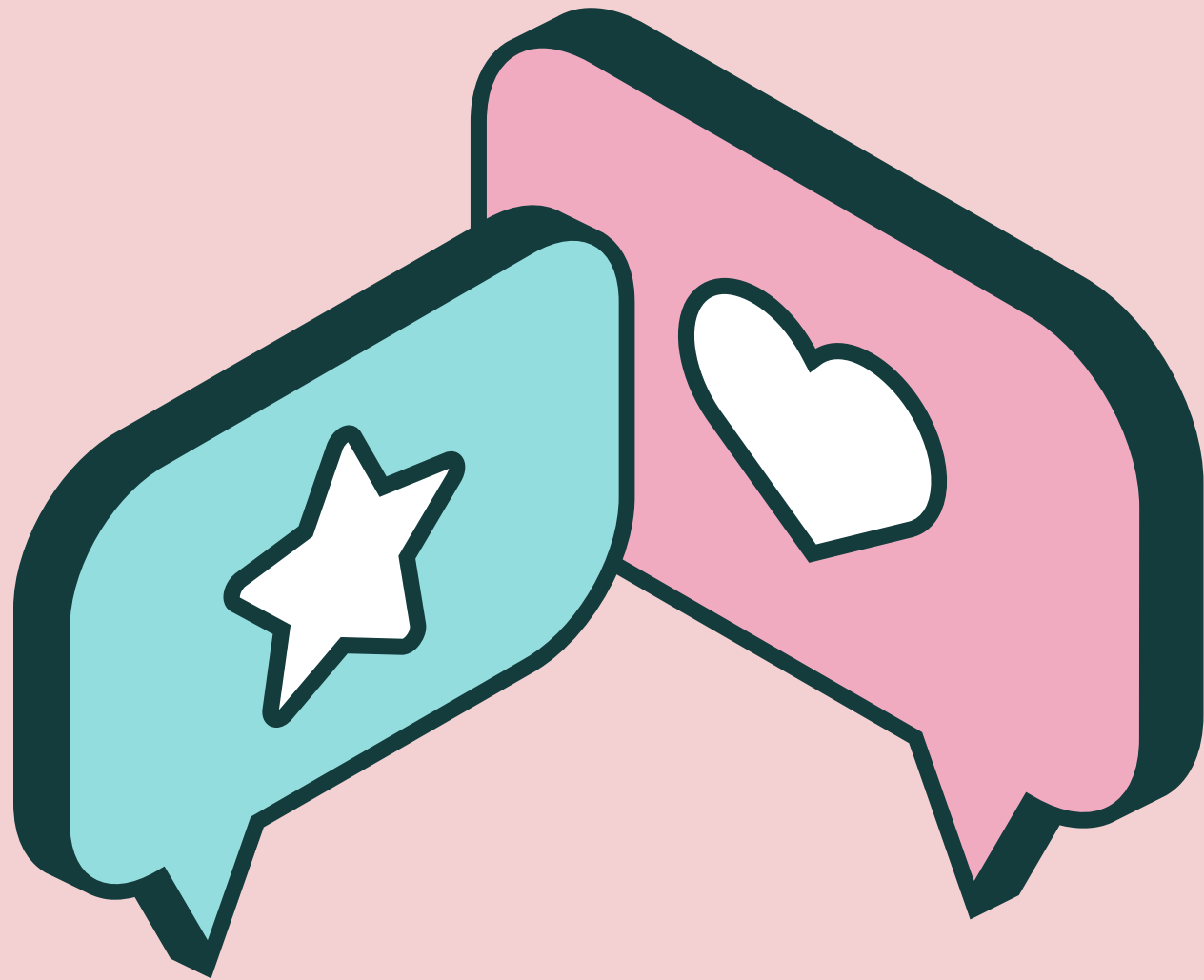
- 1) ICS High School Running Start Agreement and Expectations
- 2) Remaining graduation credits, placement for Math (as needed)
- 3) Review RSEVF

WHEN SHOULD I MEET WITH THE ICS COUNSELOR FOR STEP 3?

**Ms. Zavala will schedule Running
Start 1:1 meetings in late April.
More information will come via
email on how to sign up for
appointment times.**



WHAT DO I NEED TO PREPARE FOR MY MEETING WITH THE HS COUNSELOR?



- **Completed Steps 1-2 (see slide 15)**
- **Completed Running Start Enrollment Verification Form (RSEVF) for Summer and/or Fall 2025**
- **Signed Running Start Agreement Form**
- **Plan/outline for what Running Start classes you want to take each quarter**
- **A decision on how many classes you want to take at ICS (4-6) next year and which ones**

**To be completed by
student and family**



ICS RUNNING START AGREEMENT FORM

**To be completed by
student and family**



International Community School Running Start Participation Agreement 2025-2026

- ❖ All students must attend ICS and have enough credits to be of 11th or 12th grade standing to access Running Start (RS).
- ❖ ICS students can take classes through RS on a part-time basis with a minimum of 5 courses at ICS. Tuition will be paid for a maximum of 21 credits. Any classes taken in the high school or through WANIC will reduce the number of credits that students can take for free through RS each quarter.
- ❖ The high school determines how college courses translate into ICS graduation requirements. Credits translation is: 5.0 college credit = 1.0 high school credit, 4.0 = .8, 3.0 = .6, 2.0 = .4, 1.0 = .2.
- ❖ RS college level classes are numbered 100 or above; courses numbered below 100 are not considered college level and must be paid for by the student.
- ❖ Books, registration costs, lab fees, parking charges, transportation, etc., are the student and family's responsibility.
- ❖ ICS is on a semester schedule and local colleges are on a quarter schedule. Missing school at one campus because the other is not in session is unacceptable. RS cannot conflict with a student's ICS schedule.
- ❖ Students must see their high school counselor for the required Running Start Enrollment Verification form (RSEVF) signature each quarter they wish to enroll in RS classes. **Students must follow the RS meeting process as communicated by their counselor.**
- ❖ Once accepted into Running Start, students must maintain a minimum 2.0 college GPA. If the student's GPA falls below a 2.0, the student is placed on academic probation at the college. If the student violates the terms of the academic probation in any future quarter, the college will revoke access to RS, and the student must immediately return full time to ICS.
- ❖ RS grades become a permanent part of the student's high school and college transcripts.
- ❖ Students with a 504 or IEP plan are responsible for informing and providing documentation to the college.
- ❖ Students who drop out of RS mid-term will not be able to add ICS classes until the beginning of the next semester. Students will not be able to enroll in ICS year-long courses at the semester. This may adversely affect graduation.
- ❖ As with all ICS students, 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 met.
- ❖ RS students are making the decision to take classes away from ICS. Counselors are available to help, but it is the student's responsibility to stay informed. This includes but is not limited to: that high school graduation requirements are being met, that college timelines are being followed, and that 12th graders take care of graduation tasks. RS students need to check their school email/ICS's website on a regular basis and attend ICS class.
- ❖ We strongly advise against leaving any graduation requirements until spring quarter of 12th grade to avoid unnecessary obstacles to graduation.
- ❖ Colleges do not send progress reports or warnings and do not communicate attendance or academic problems to the parents or high school. Students are responsible for monitoring their own progress and must deal with the college RS office with any college course concerns.
- ❖ Not all post-secondary schools--especially those out of state--accept RS courses for college credit. Those who do may have special rules about specific courses and whether students will be considered entering freshmen or transfer students. Information about transfer credits/degrees is available from individual colleges or universities. It is the student's responsibility to make sure they understand these college policies and requirements.

I have read and understand the above statements

Student Name (please print): _____

Student Signature _____ Date _____

Parent Name (please print): _____

Parent Signature _____ Date _____

When you have read and signed this form, please turn in to ICS Student Services

COURSE EQUIVALENCIES

Running Start High School Course Equivalencies Lake Washington School District 2025-2026

	Bellevue College www.bellevuecollege.edu 425.564.2026	Cascadia College www.cascadia.edu 425.352.8146	CWU-Sammamish cwu_sammamish@cwu.edu 425.392.2110	Lake WA Institute of Technology www.lwtech.edu 425.739.8100 ext.435
ENGLISH	ENGL& 101 and above	ENGL& 101 and above	ENGL& 101 and above	ENGL& 101 and above
US HISTORY	HIST& 146, 147, 148	HIST& 146, 147, 148, 150	HIST 143, 144	HIST& 147, 148
CIVICS	POLS& 202	POLS& 202	POSC& 210	POLS& 202
CONTEMPORARY WORLD PROBLEMS	GEOG 102, 105, 123 HIST 103, 120 POLS 175, 203, 206	GS 101, 150, 220 HIST 262 POLS 203	POSC 270	Not Available
SOCIAL STUDIES ELECTIVES	Anthropology 100-215 Cultural Ethnic Studies 100-299 Geography 100-258 History 101-120, 150-280 International Studies 105-227 Philosophy 101-265 Political Science 101-250 Psychology 100-260 Sociology 101-278	American Indian & Indigenous Studies 102, 103 Anthropology 100-207 Geography 120,250 Global Studies 101-220 History 126-268 Humanities 107-150 Philosophy 101-260 Political Science 101-455 Psychology 100-251 Sociology 101-440	Anthropology 110 Geography 101 History 100 and above Political Science 270 Psychology 101, 205, 242 Sociology 107 Women/Gender Studies 201	History 100 and above Psychology 100, 200, 220 Sociology 101
WA STATE HISTORY	HIST& 214	HIST& 214	HIST& 301	Not Available
HEALTH	HLTH 250, NUTR 101	NUTR& 101	HED 101, NUTR 101	NUTR& 101
PHYSICAL EDUCATION	Any PE course	Not Available	PEF 201	Not Available
FINE ARTS, MATH, SCIENCE and ELECTIVES	Any Fine Arts course level 100 or greater. Any Math course above 107 (for placement into Math&107 or lower, consult your counselor). Any Science course level 100 or greater (2.0 lab courses, 1.0 elective). Any Elective course level 100 or greater. Select coursework that supports your post high school plan.			
CAREER & TECHNICAL EDUCATION	Examples include but are not limited to: Accounting, Allied Health, Business/Business Tech, Computer Science, Criminal Justice, Cyber Security, Data Analytics, Digital Marketing, Digital Media Arts, Early Childhood Ed, Economics, Education, Engineering, Information Technology, Interior Design, Marketing Management, All Health Tech courses, Software Development, and STEM.			
NOTES: <ul style="list-style-type: none"> Not every course is offered each quarter, and not all courses are available on every campus Cover graduation requirements first to ensure you do not miss a required course for graduation. Courses numbered 099 or below are not considered part of RS and will not be funded or counted as college credit. However, if you elect to self-pay for such a course, it may still count for high school credit. Consult with your HS counselor when choosing courses to meet graduation requirements. To earn a HS diploma from LWSD, you are required to take these specific courses to meet state and district requirements. CTE courses may support a Graduation Pathway. Consult your HS counselor for more information. 			College Credit to High School Credit Conversion	
			College Credit	HS Credit Applied to Transcript
			6	1.2
			5	1.0
			4	.8
			3	.6
			2	.4
			1	.2

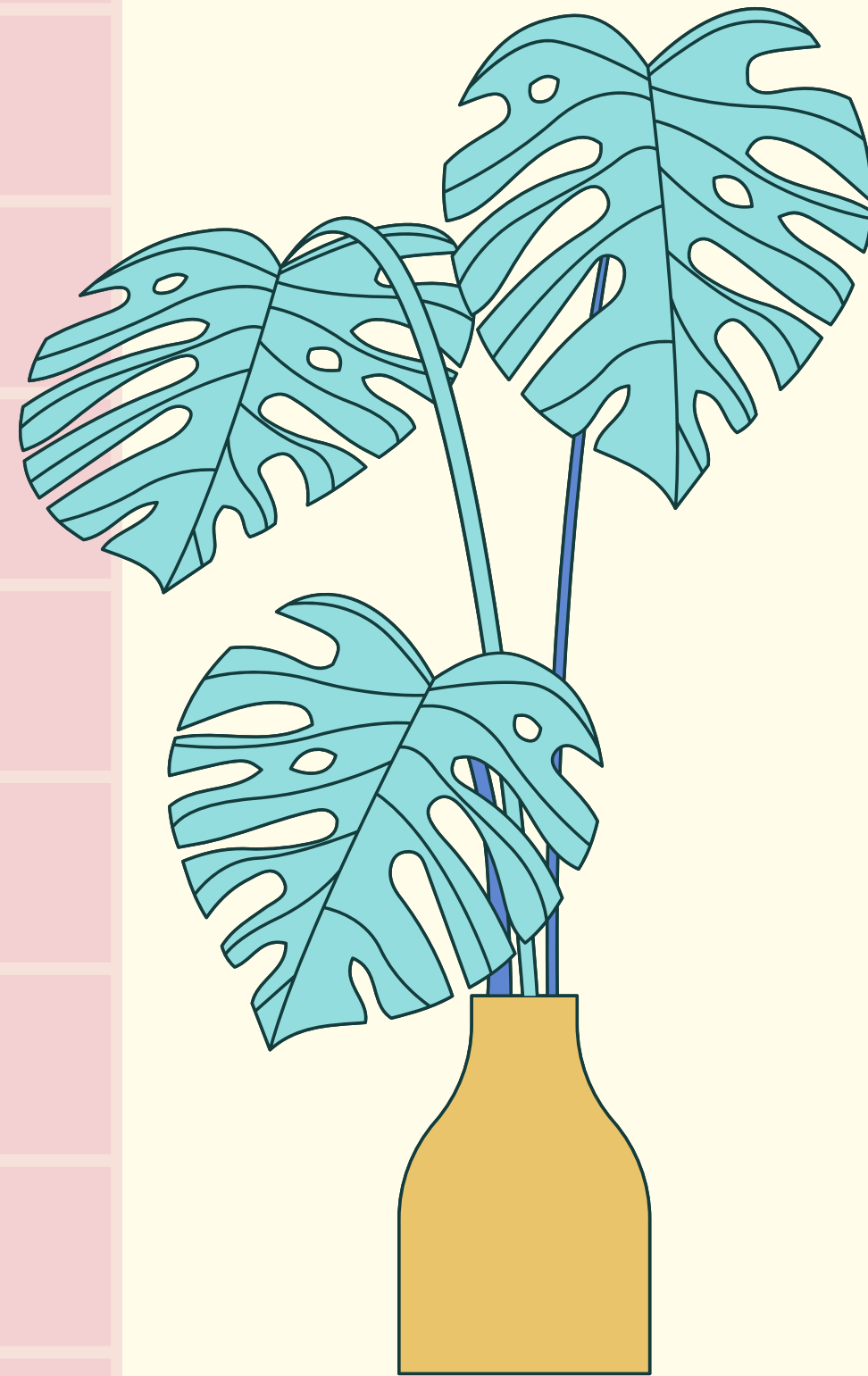
SUMMER RUNNING START



- **Summer Running Start is available to rising 11th graders, rising 12th graders, and non-graduating 12th graders.**
- **Students can take up to 10 credits in the summer quarter, with rising 11th graders eligible for 10 credits and other students eligible for the remaining FTE for the year (up to 10 credits)**
- **Application materials and admission requirements are available on each colleges' website**

FOR THE FUTURE

- It is up to YOU to communicate with the ICS counselor and college professors, not your parents.
- Dropping out of Running Start mid-year can impact your graduation status
- Running Start students need to keep track of both their ICS and RS email accounts



MORE INFORMATION ON LWS D AND ICS WEBSITES

RUNNING START

Running Start is a dual credit program that allows 11th and 12th grade students to take college courses at one of Washington's 34 community and technical colleges. Tuition is covered by the school district, up to 21 credits per quarter, which can provide significant cost savings. Students pay for class and student fees, books and other supplies needed for class. Some low-income students may qualify for a fee waiver.

Running Start students have the unique opportunity to earn both college and high school credit while finishing their high school diploma. It is possible to earn an AA degree through Running Start (requires careful planning with a college Running Start advisor).

When the decision is made to become a Running Start student, the student assumes the personal responsibility of making sure they are informed about campus events, dates, and deadlines at their home high school and at their college.

RUNNING START INTRODUCTION

Course Catalogs

High School Info Sheet


More Ways to Graduation

College & Career Readiness

Physical Education Credit Option

Running Start

World Language Credit by Proficiency



INTERNATIONAL COMMUNITY SCHOOL

TRANSLATE

SAFETY CONCERN

HELP

STAFF ▶

SCHOOLS ▶

STUDENTS & FAMILIES ▶

ABOUT US

ACADEMICS

LIBRARY

ACTIVITIES & CLUBS

COUNSELING

HOME / COUNSELING / RUNNING START

RUNNING START

WHAT IS RUNNING START?

Running Start is a program in which 11th & 12th graders who qualify may enroll in college level courses at local colleges (such as Bellevue College) and earn high school and college credit concurrently. Lake Washington School District pays the college tuition for up to 15 credits per quarter and offers the opportunity for students to be students at ICS and the school of choice. For more detailed information about the program, cost, process, please review the Running Start Agreement (link coming soon).

The ICS high school counselor will start meeting with students after course requests/registration ends. Please review information on this page and start the enrollment process with your college before reaching out to your counselor. Please view presentation here (link coming soon).

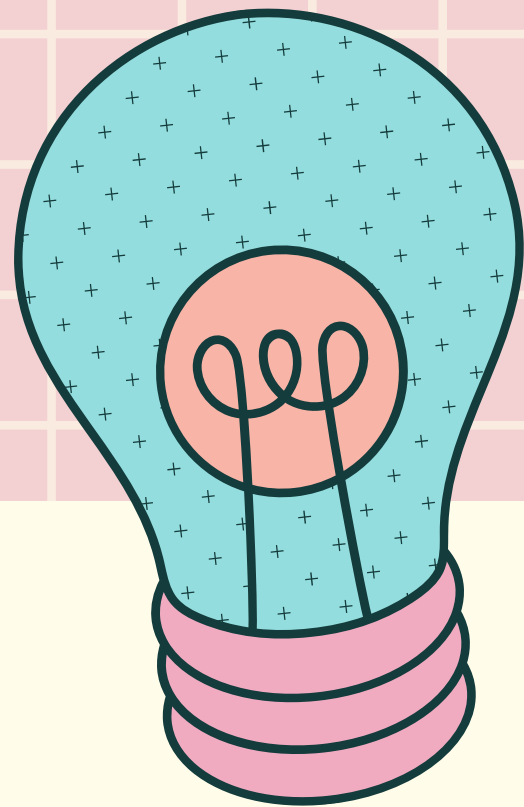
RUNNING START INFORMATION SESSIONS FOR THE 2024-25 SCHOOL YEAR

- Location: Library
- Time/Date: March 13th during Phoenix Time

FORMS AND DOCUMENTS

- Running Start Presentation
- RS Course Equivalency

THANK YOU



**Questions? See the ICS Website for
more details or email the ICS high
school counselor, Ms. Zavala
(rzavala@lwsd.org)**

