

Running Start

An Option for Junior and Senior Year

What is Running Start?

Northshore Students can take college level courses at one of our local community colleges and can **earn college credits *while* fulfilling high school credits.**

Local Community Colleges

- Bellevue
- Cascadia
- Edmonds
- Everett
- Lake Washington Inst. Tech
- Shoreline

Two Options for Running Start

- **Full-time:**
 - Students who attends ALL of their classes at one of the participating community colleges
 - Enrolls in 15 credits per quarter - 3 quarters per school year
- **Part-time:**
 - A student who enrolls in AT LEAST ONE class at Inglemoor
 - Enrolls in 5-15 college credits (these credits depend on your IHS schedule)

Requirements To Get Started:

(These are all student-directed responsibilities)

All students should begin the application process by visiting the Running Start page on Inglemoor's website.

New Running Start Students

There are 11 steps to complete in order to enroll as a new Running Start student.

These steps have been divided below to help students chunk out the process.

+ Steps 1-3 (StudentVue)

+ Steps 4-7 (College Enrollment)

+ Steps 8-10 (IHS Counselor)

+ Step 11 (Submit EVF)

(These are all student-directed responsibilities)

Steps 1-3 (StudentVue)

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STEP 1: All students interested in Running Start *must also* register for a full Inglemoor schedule in StudentVue.

- "Why," you ask?
 - Many students change their mind about participating in Running Start. Don't worry, it happens, and it's okay!
- Registering for a full IHS schedule ensures you still get the courses you want for next year *just in case* you change your mind about Running Start. Options are *never* a bad thing.

STEP 2: Be sure you have 14 entries in StudentVue totaling 7.0 credits.

- Don't forget to give Counselors 2-3 alternate options for electives, otherwise, we'll choose for you.
 - Again, options are *never* a bad thing!

STEP 3: Add the corresponding online course code in StudentVue to indicate you're interested in Running Start.

- MRK111A and MRK111B for full-time.
- MRK114A and MRK114B for part-time.

(These are all student-directed responsibilities)

Steps 4-7 (College Enrollment)

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After completing the StudentVue steps 1-3, complete the college enrollment steps below.

STEP 4: Go to the Running Start page of the college you plan to attend.

1. [Bellevue College's Running Start page.](#)
2. [Cascadia College's Running Start page.](#)
3. [Edmonds College's Running Start page.](#)
4. [Everett Community College's Running Start page.](#)
5. [Lake Washington Institute of Technology's Running Start page.](#)
6. [Shoreline Community College's Running Start page.](#)

STEP 5: Follow all of the college's steps for enrolling in Running Start.

- REMEMBER: just because you complete an application with a college do not mean you need to attend.
 - But doing so ensures you're in the system.

STEP 6: All students must demonstrate college-level English reading/writing ability. Recommended ways to demonstrate this for each grade level is:

- Rising Juniors: complete the Accuplacer with the college. Smarter Balance (SBA) scores are not finalized with IHS until late August. This will be too late to get a good selection of classes.
- Rising Seniors: reach out to your IHS Counselor for a copy of your Smarter Balance (SBA) scores and a copy of your transcript.
 - Be prepared to potentially have to complete the Accuplacer with the college if you don't have a passing SBA score or your English grades don't meet that college's minimum cutoff.

STEP 7: Once the college has emailed you a placement score of ENGL&101, forward that email to your IHS Counselor.

(These are all student-directed responsibilities)

Steps 8-10 (IHS Counselor)

- Steps 8-10 (IHS Counselor)

After completing the college enrollment steps 4-7, complete IHS Counselor steps below.

STEP 8: Schedule an appointment to meet with your IHS Counselor.

- No drop-in appointments!

STEP 9: Students must come prepared to their Counselor meeting with their printed, and signed, IHS Running Start Agreement and Enrollment Verification Form (EVF).

- Both documents must be signed by a parent/guardian.
- Counselors will not be able to complete an EVF without the signed IHS Running Start Agreement.

STEP 10: IHS Counselors will reduce down your StudentVue selected courses based on a student full-time or part-time Running Start status.

(These are all student-directed responsibilities)

Step 11

(Submit EVF)

- Step 11 (Submit EVF)

STEP 11: Submit your completed EVF to the college and finalize your enrollment with them.

Additional Requirements

- Many will require you to APPLY to the college for general admissions
 - (ex: Cascadia College requires that students apply for general admissions and pay the nonrefundable application fee, ~\$30.00)
- Many colleges will also require a “Running Start Program Contract”
- All of these forms are available directly from the community college you wish to attend

How College Credit Transfers

- Every 5 credit course taken at the college will equal one FULL YEAR of high school credit
 - (ex: English 101 is a 5 credit course at Cascadia; this class fulfills a student's English 11 or 12 1.0 credit requirement)

General Breakdown:

1 college credit = 0.2 high school credit
2 college credits = 0.4 high school credit
3 college credits = 0.6 high school credit
4 college credits = 0.8 high school credit
5 college credits = 1.0 high school credit

College Credit	=	High School Credit
1.00	=	0.20
2.00	=	0.40
3.00	=	0.60
4.00	=	0.80
5.00	=	1.00

If you need to fulfill a full year requirement, be sure to sign up for at least a 5 credit college course
If you need to fulfill a semester requirement, be sure to sign up for at least a 3 credit college course

Scheduling Your Classes

- Here is the breakdown:

ZERO or ONE class at IHS each semester, allows you to take **15** credits per quarter

TWO classes each semester, allows you to take **12** credits per quarter

THREE classes each semester, allows you to take **10** credits per quarter

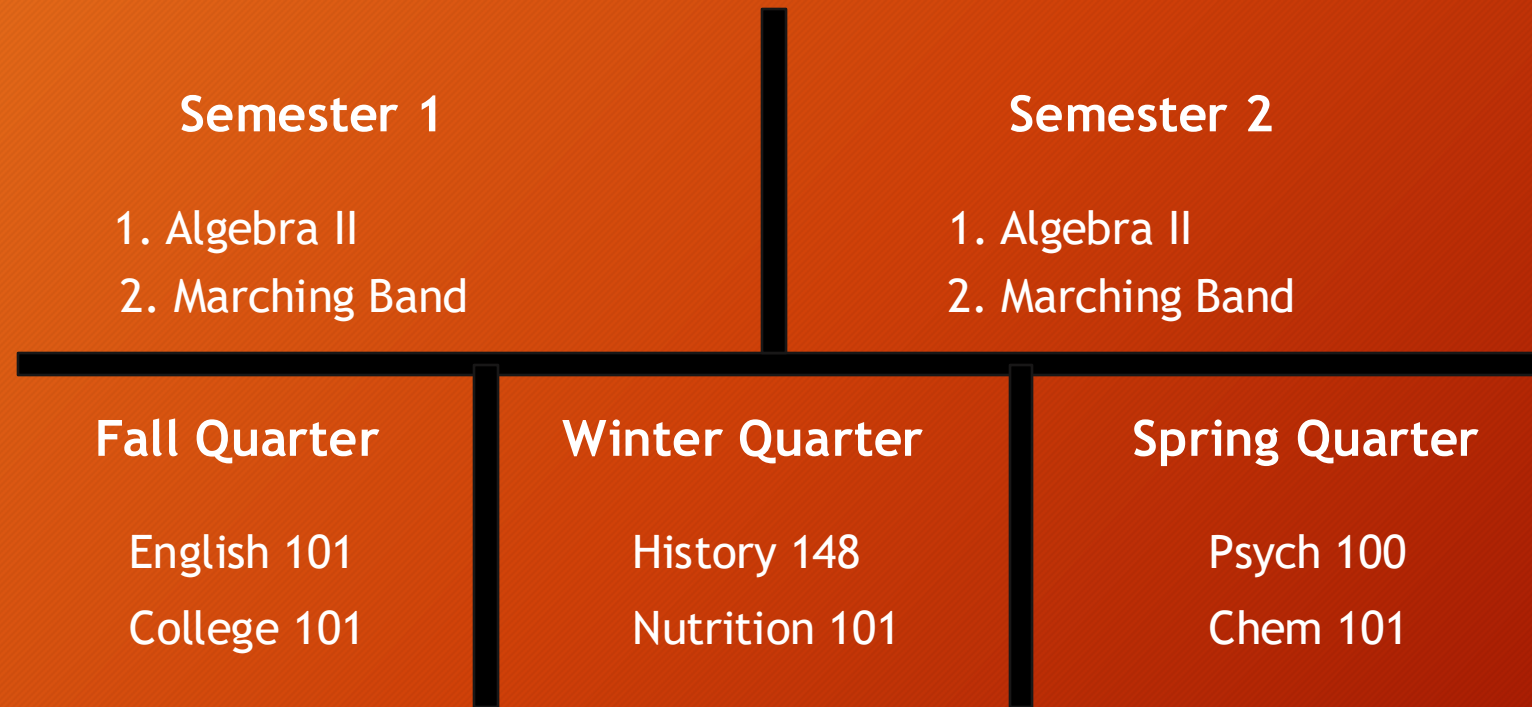
FOUR classes each semester, allows you to take **6** credits per quarter

If I take this many periods at IHS per Semester	I can take this many college credits each quarter
0-1 period	15.00
2 periods	12.00
3 periods	10.00
4 periods	06.00
5 periods or more	03.00

Semester vs. Quarters: Part-time Schedule

Semesters at IHS:

SAMPLE
SCHEDULE



Based on TWO classes each semester at IHS, this student can take up to 12 credits each college quarter.

Quarters at the College

Sample Semester vs. Quarters: A CLOSER LOOK AT CREDITS

Semesters at IHS:

Each semester class grants 0.5 credit!

Semester 1

- 1. Algebra II 0.5 credit
- 2. Marching Band 0.5 credit

Semester 2

- 1. Algebra II 0.5 credit
- 2. Marching Band 0.5 credit

A total of 2.0 credits at IHS at the end of the year.

Fall Quarter

English 101
College 101

Winter Quarter

History 148
Nutrition 101

Spring Quarter

Psych 100
Chem 101

Each 5 credit college class grants 1.0 high school credit!

Quarters at the College

A total of 30 college credits and 6 IHS credits over three quarters.

SAMPLE
SCHEDULE

Another Look at Part-Time vs. Full-Time

Full-time Running Start Schedule




















Fall 2021	Winter 2022	Spring 2022
1. English 101	1. English 102	1. Bus 101
2. Math 141	2. Math 142	2. Math 151
3. College 101	3. History 148	3. Art 101

Part-time IHS and Part-time Running Start

IHS Fall Semester		IHS Semester
Per. 1 Algebra II/Trig		Per. 1 Algebra II/Trig
Per. 2 Marching Band		Per. Marching Band
Fall 2021	Winter 2022	Spring 2022
1. English 101	1. History 148	1. Psych 101
2. College 101	2. Nutrition 101	2. Chem 101

Use Student Vue To See What's Needed

- Click on the Course History tab for this view of your remaining credits needed for graduation:

Subject Area	Progress
English 9	100.0% 
English 10	100.0% 
English 11	100.0% 
English 12	0.0% 
Algebra I	100.0% 
Geometry	100.0% 
3rd Credit of Math	50.0% 
Lab Science	100.0% 
3rd Credit of Science	0.0% 
US History 11	0.0% 
Contem. Nat'l/World Issues	0.0% 
World History	100.0% 
Civics	0.0% 
Life Fitness	100.0% 
PE 9-12	100.0% 
Health	100.0% 
Career & Technical Education	100.0% 
The Arts	50.0% 
Flexible Credits	60.3% 

Click on the Course Request tab for this view of your remaining credits needed for graduation:

Subject Area	Required	Completed	In Progress	Remaining
English 9	1.00	1.00	0.00	0.00
English 10	1.00	1.00	0.00	0.00
English 11	1.00	1.00	0.00	0.00
English 12	1.00	0.00	0.00	1.00
Algebra I	1.00	1.00	0.00	0.00
Geometry	1.00	1.00	0.00	0.00
3rd Credit of Math	1.00	0.50	0.50	0.00
Lab Science	2.00	2.00	0.00	0.00
3rd Credit of Science	1.00	0.00	0.00	1.00
US History 11	1.00	0.00	0.00	1.00
Contem. Nat'l/World Issues	0.50	0.00	0.00	0.50
World History	1.00	1.00	0.00	0.00
Civics	0.50	0.00	0.00	0.50
Life Fitness	0.50	0.50	0.00	0.00
PE 9-12	0.75	0.75	0.00	0.00
Health	0.50	0.50	0.00	0.00
Career & Technical Education	1.00	1.00	0.00	0.00
The Arts	1.00	0.50	0.00	0.50
Flexible Credits	7.25	4.38	0.50	2.38
Total	24.00	16.13	1.00	6.88

Signing Up On Student Vue

FULL-TIME:

IN ADDITION to your Running Start “Marker:”

List ALL 14 Course Options!

-Once you enroll in your college classes, your School Counselor will remove you from your IHS classes.

Selected Course Requests			
Action	Course		Credit
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	ACA100 CARTOONING Yes	0.500
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	AGD115 GRAPHIC DESIGN Yes	0.500
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	AMD100 METAL DESIGN Yes	0.500
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	ASG100 STAINED GLASS Yes	Currently enrolled 0.500
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	CHS111A (MATH & 141) PRE-CALCULUS 1 No	0.500
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	CHS111B (MATH & 141) PRE-CALCULUS 1 No	0.500
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	ENG300A ENGLISH 11 No	0.500
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	ENG300B ENGLISH 11 No	0.500
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	HFL100 INDEPENDENT LIVING Yes	0.500
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	IBS125A IB CHEMISTRY SL No	0.500
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	IBS125B IB CHEMISTRY SL No	0.500
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	MRK111A FULL-TIME R/S No	0.000
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	MRK111B FULL-TIME R/S No	0.000
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	PWA200 WALKING FITNESS Yes	Taken: 1/2022 (A) 0.500
▶ <input type="button" value="X Remove"/>	Course ID Course Title Elective	SSU300A US HISTORY 11 No	0.500
Total			7.000

Signing Up On Student Vue

PART-TIME:

IN ADDITION to your Running Start “Marker:”

List ALL 14 Course Options!

-Once you enroll in your college classes, your School Counselor will remove you from your IHS classes.

Selected Course Requests			
Action	Course		Credit
▶ <input type="button" value="X Remove"/>	Course ID ACA100 Course Title CARTOONING Elective Yes		0.500
▶ <input type="button" value="X Remove"/>	Course ID AGD115 Course Title GRAPHIC DESIGN Elective Yes		0.500
▶ <input type="button" value="X Remove"/>	Course ID AMD100 Course Title METAL DESIGN Elective Yes		0.500
▶ <input type="button" value="X Remove"/>	Course ID ASG100 Course Title STAINED GLASS Elective Yes	Currently enrolled	0.500
▶ <input type="button" value="X Remove"/>	Course ID CHS111A Course Title (MATH & 141) PRE-CALCULUS 1 Elective No		0.500
▶ <input type="button" value="X Remove"/>	Course ID CHS111B Course Title (MATH & 141) PRE-CALCULUS 1 Elective No		0.500
▶ <input type="button" value="X Remove"/>	Course ID ENG300A Course Title ENGLISH 11 Elective No		0.500
▶ <input type="button" value="X Remove"/>	Course ID ENG300B Course Title ENGLISH 11 Elective No		0.500
▶ <input type="button" value="X Remove"/>	Course ID HFL100 Course Title INDEPENDENT LIVING Elective Yes		0.500
▶ <input type="button" value="X Remove"/>	Course ID IBS125A Course Title IB CHEMISTRY SL Elective No		0.500
▶ <input type="button" value="X Remove"/>	Course ID IBS125B Course Title IB CHEMISTRY SL Elective No		0.500
▶ <input type="button" value="X Remove"/>	Course ID MRK114A Course Title PART-TIME R/S Elective No	←	0.000
▶ <input type="button" value="X Remove"/>	Course ID MRK114B Course Title PART-TIME R/S Elective No	←	0.000
▶ <input type="button" value="X Remove"/>	Course ID PWA200 Course Title WALKING FITNESS Elective Yes	Taken: 1/2022 (A)	0.500
▶ <input type="button" value="X Remove"/>	Course ID SSU300A Course Title US HISTORY 11 Elective No		0.500
Total			7.000

In Order to be “removed” from your IHS classes, you need to complete the following steps by the end of this year with your selected college:

Step 1: Attend info session at your selected college and take the placement test through the college

Step 2: Apply for GENERAL ADMISSION online (to the college of your choice)

Step 3: Submit Application Materials to your college (ex: placement test materials, Running Start Contract, and Running Start Enrollment Verification Form)

Step 4: Register for classes (through your college account)

THEN—Let your School Counselor know which (if any) IHS classes you wish to take!

Running Start Grades and Credits

- ALL letter grades earned through Running Start courses are transferred onto a student's transcript automatically!
 - This includes F grades and classes withdrawn from before the quarter's end.
- **Example:**
 - English 101 (5 credits) with a B+ = English 12 (1.0 high school credit) with a B+
 - Chem 101 (5 credits) with an F = Lab Science (1.0 high school credit) with an F

Campus Involvement as a Running Start Student

Both full-time and part-time students are still considered Inglemoor High School Students.

With that, Running Start students are open to attend all activities, dances, sporting events, etc.

Running Start and Graduation

- Running Start students are still required to complete all state exams and their High School and Beyond Plan for graduation.
- Upon completion of all required credit equivalents, students will earn an “Inglemoor High School Diploma.”

Other assessments That must be met

English Language Arts Standard

Mathematics Standard

High School & Beyond Plan

Washington State History

Pros and Cons

Pros:


- Tuition savings
- An opportunity to transfer college credit to continue post-high school education (within WA state)
- Creating your own schedule
- More course offerings

Pros and Cons

Cons:

- Variable Fees
- Some colleges and universities may not accept the college credits
- Transportation is not provided
- Students take responsibility to complete all forms and registration each quarter
- Breaks don't always align (ex: Spring Break or IHS mid-winter break)

Running Start on the IHS Website



Inglesmoor High School

Home of the Vikings

District

Schools

Students

Families

Community

Staff

Translate

Safety Concern

Find it Fast

OUR SCHOOL

RESOURCES

ACADEMICS

COUNSELING

ACTIVITIES

ATHLETICS

CONNECT

HOME > COUNSELING > RUNNING START

New Student Enrollment & Records

Counseling Office Hub

Graduation Readiness

2025-2026 Course Registration

Running Start

Student Resources

College & Career Center Hub

College Readiness

Scholarships

Satellite and WANIC

Career Readiness

Running Start

Running Start is a dual-credit program that allows high school and college credit simultaneously. Running Start students begin taking college-level courses while still in high school. These programs provide excellent preparation for university.

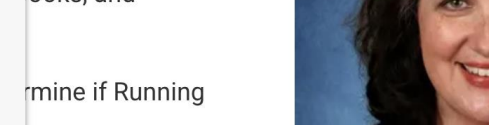
Running Start students and teachers are responsible for a certain amount of transportation.

For a more in-depth look at Running Start, please visit the Running Start website.

1. Watch this informative video about Running Start.

2. Plan to attend the Running Start Info Session on **March 05th and 06th 2025**, during Viking Time, in the Library.

Questions?



A quick way to access Running Start information is on the Inglemoor website.

Click on “ACADEMICS”
to bring you to the
“Running Start” link.

