







Running Start

Introductions

- NHS Counseling Team
- Fabian Rios
- Jonathan Harrington, BC

What is Running Start?

How do I qualify?

An opportunity to earn both **College Credit** and **High School Credit** (Dual Credit)

Requirements:

- Be a high school junior or senior
- Be enrolled in a public high school
- Pass placement test for English/Math or an alternative placement option (see later slides)
- Meet all program deadlines

Cost (*it is not free*):

- School district pays the **tuition** - *up to 21* credits for college level courses (depends on # of NHS classes) each quarter
- Students pay for books, class/student fees, and parking
- Limited financial aid available based on financial need

How does it work?

1. Attend RS full - time or part - time
2. Indicate an interest in RS on their NHS registration paperwork
3. Student must **attend information session** at the college and **complete all their steps:** college's application, placement, account set up, and registration
4. Student schedules a **meeting with NHS counselor** to plan RS courses in early spring (*after completing steps 1 - 3*)
   - 5 college credits = 1 high school credit
   - Take district required course equivalencies to meet graduation requirements
   - **Combined enrollment between college and NHS must be full time**
5. Turn in the signed RS Communication Contract to NHS
6. Student turns in signed RS Enrollment Verification Form **to their college** and registers/enrolls in their college classes

BENEFITS of Running Start

- Free tuition for college level classes
- Advanced course work and academic challenge
- Course variety (foreign languages, sciences, astronomy with a real planetarium at BC, nursing pre-requisites, CTE programs, etc.)
- Flexible schedule (can take up to 21 credits per quarter)
- **Free tutoring** via Academic Success Center
- Develop independence
- Make connections with college faculty
- A new social environment
- Option to earn AA Degree while in HS

https://catalog.bellevuecollege.edu/content.php?catoid=15&navoid=1041

What do Successful Running Start Students Look Like?

- Self-motivated
- Independent, organized & responsible
- Take initiative; assertive about seeking help when needed
- Open to academic challenges
- Comfortable with diverse situations
- Doing well academically in High School
- Uses good time-management skills
- Reads and responds to email

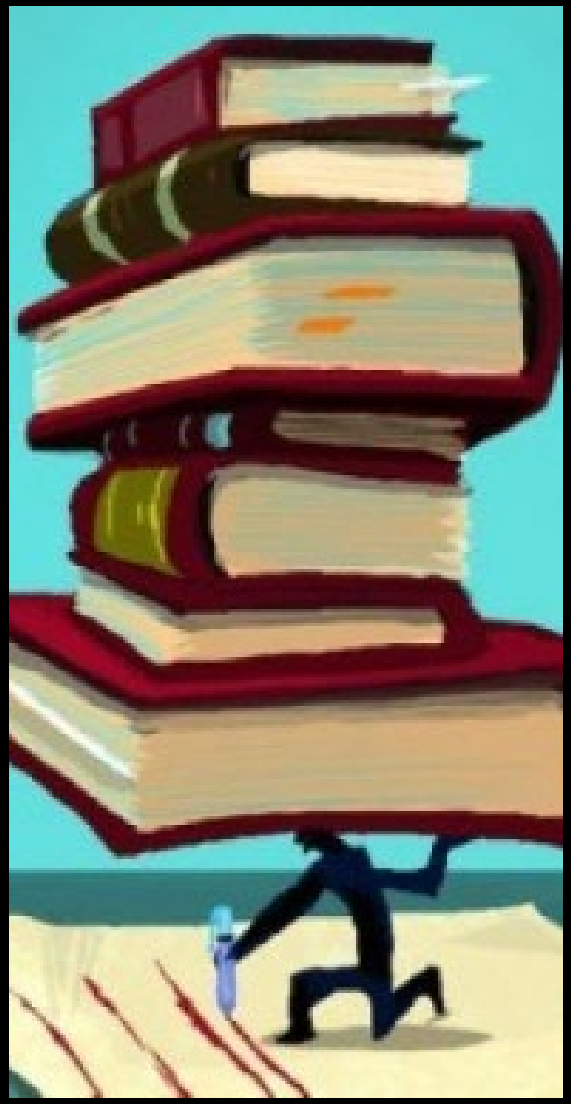
Challenges of Running Start

- Scheduling challenges
- Must meet high school graduation requirements (using specific equivalencies)
- Family does not have access to course grades or attendance info, due to FERPA privacy laws
- Credits – may not fully transfer to some private universities or out of state universities (check with your universities)
- **Costs $** - books, fees and transportation costs - may be a few hundred dollars per quarter ***(limited assistance available for students on free/reduced lunch)***
- Independence & responsibility required



Challenges…

- Fast pace and time demands of college studies
  - **1-2-3 Rule** – for each one hour of instruction a day, plan to study 2 hours each day, for that one class **(equals a three-hour commitment per day, per class)**
  - Taking 10 credits = 30-hour commitment each week
  - Taking 15 credits = 45-hour commitment each week
- A new social environment and age diversity
- Doing poorly harms ***both*** high school and college transcripts ***(could also have financial aid ramifications)***
- Some classes may be online or hybrid
- NHS and college calendars do not align; students are expected to attend college classes even when NHS is on break
- NHS Clubs and Athletics - scheduling/time conflicts
- **NHS Link Crew** – 4 classes must be at NHS to participate



What about Part-time?

We strongly encourage full-time Running Start. Part time can be difficult to manage

Your **NHS schedule may not change** to accommodate your college schedule

Parking and transportation issues

Must be on time to all classes

Different calendars

Holidays, assemblies, state testing, etc.

Running Start is **a year-long commitment**

BC Running Start Academic Policy

- BC requires all students to maintain good academic standing and a minimum 2.0 GPA (C average)
- BC applies progressive consequences for students whose GPA drops below a 2.0 at the end of each quarter:
  - Level 1: Academic Concern
  - Level 2: Academic Intervention
  - Level 3: Academic Restriction
  - Level 4: Academic Dismissal
  - See details here: https://www.bellevuecollege.edu/policies/id-3200p/
- Students are responsible for reading ***all*** email and snail mail correspondence from the college

BSD Running Start Policy

- Students must apply during the fall enrollment period ***around April 1st***
- Students must turn in a signed BSD Running Start contract (to counselor)
- **Plan ahead:** Students must make an appointment with their NHS counselor **before *each*** quarter's registration date to fill out RSEVF (we may not be able to meet with you without an appointment)
- Your NHS counselor will work with you to plan out your full year of RS courses
- ***Students must enroll in 15 credits total, each quarter*** (full time RS enrollment), or a combined enrollment of 1.4 FTE between RS & NHS
- Students are responsible for reading ***all*** email and snail mail correspondence
- Students MUST inform counselor if withdrawing from classes

Next Steps

1. Review the info presented here and weigh your options for next year

2. Thoroughly read through the RS Information on the college website

3. Attend an information session at the college you are interested in

4. Apply for RS at the college now (At BC, that means complete *BOTH* the RS Intent and the BC Application)

5. Follow the directions you receive via email from the college, including placement directions – details on next slides
   - Look for email from BC: runningstartnewstudent@bellevuecollege.edu

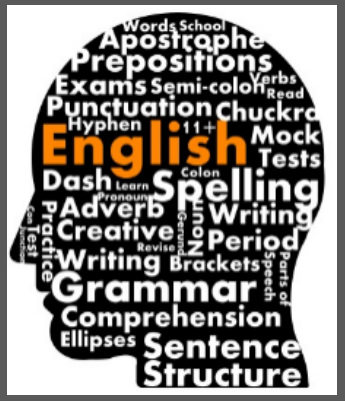
6. So, what exactly does BC need you to do? See next slide for steps to follow at BC

Bellevue College Steps to Follow



1. Apply to Bellevue College
2. Submit Running Start Intent
3. Set up CTC Link and NetID
4. Complete the RS New Student Orientation (RS-NSO)
5. Complete Placement - Request English and Math Placement
6. Submit RS Enrollment Verification Form (RSEVF) – ***after meeting with your counselor***
7. Enroll in Classes and Make Payment

https://www.bellevuecollege.edu/runningstart/future-students/



English Placement

https://www.bellevuecollege.edu/current-students/placement-testing-services/placement/

Students may use one of the following:

1. High School transcript, overall GPA of 3.0 or higher
2. Smarter Balanced Language Art score of 3 or 4
3. Appropriate scores on AP exams, SAT, ACT, or PSAT (less than two years old)
4. Placement from another Washington State Community or Technical college (less than two years old)
5. Take the placement exam through BC or other college

- *Must use the button on BC Placement website to submit requests*

Ask for English and Math Placement and Submit your Documentation



Math Placement

https://www.bellevuecollege.edu/current-students/placement-testing-services/placement/

Students may use one of the following:

1. Appropriate grade in a high school math course - use placement grid: https://www.bellevuecollege.edu/wp-content/uploads/2024/09/USA-HS-GRID_7_9_25-1.pdf
2. Placement using ALEKS, a web-based program; or WAMAP at Lk Wash Tech

- *Must use the button on the BC Placement website to submit requests:*

Ask for English and Math Placement and Submit your Documentation

After completing college application & placement process…

1. Set up appointment with your School Counselor ***after*** you have applied and completed all placement steps

   - ✓ Come to the meeting with an idea of what classes you want to take
   - ✓ Turn in signed and reviewed BSD Running Start Communication Contract to counselor
   - ✓ Complete paperwork (RSEVF) with counselor

2. Submit your RSEVF directly to the college (do not submit to NHS)

3. Register for classes: Students must **complete all steps** to register/enroll in classes

Considering Online RS Only?

Washington's 34 community and technical colleges?

https://www.sbctc.edu/



Other Running Start Partner Programs Near NHS

- Lake Washington Institute of Technology
  http://www.lwtech.edu/academics/high-school/running-start/
- Renton Technical College
  https://rtc.edu/running-start
- Seattle Central College
  https://seattlecentral.edu/running-start







RUNNING START @LWTECH

(slightly different process than BC)



Steps to Enroll

1 Placement

Student needs to provide proof of placement into English 101 by one of the methods listed below:

- Placement test at LWTech (FREE) or at other colleges
- English Smarter Balanced Assessment scores of either L3 or L4
- Provide transcript showing college English grade, 2.0 or higher
- High school transcript showing GPA and English grade, 3.0 or higher

2 Apply

- Go to LWTech.edu/Apply
- Select ***Lake Washington Inst. of Tech***
- Under "I will be enrolling as a...", select ***Running Start.***
- Read Welcome Email and follow enrollment steps.

If you have any questions, please email running.start@lwtech.edu

3 Register for Classes

- Make an appointment with the Running Start advisor to register for class. Email Running.Start@lwtech.edu
- Running Start Enrollment Verification Form must be signed High school counselor before registration
- Deadline to register for classes is 1 business day prior to the start date of each quarter.

LWTech.edu

LW Tech Information Sessions



2026 - 2027 Information Sessions

Register Online!
https://www.lwtech.edu/academics/high-school/running-start/index.aspx

February 18, 2026 6 p.m.
March 18, 2026 6 p.m.
April 15, 2026 6 p.m.
May 20, 2026 6 p.m.
June 10, 2026 6 p.m.

Phone: (425) 739-8336
Email: Running.Start@LWTech.edu

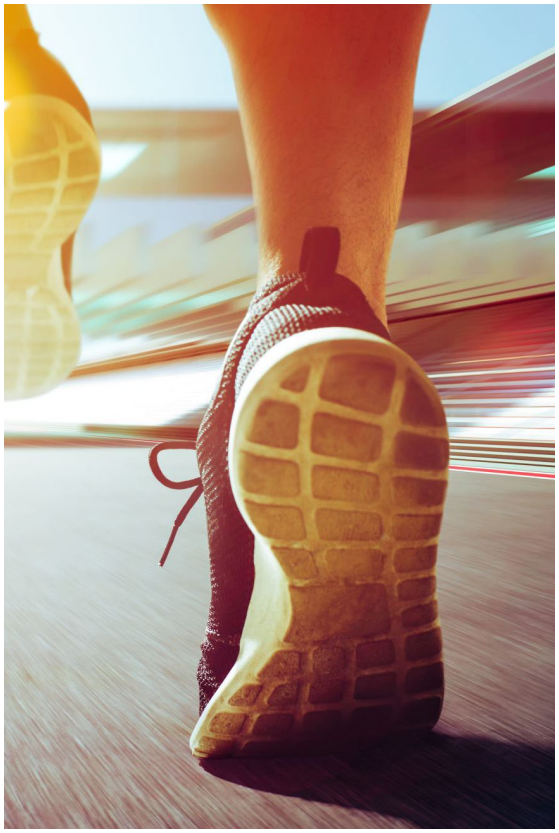
LWTech.edu

Fall 2026 Info Sessions at Bellevue College

- **Your attendance is required at one session as a first step in the Running Start application process**
- **BC offers monthly Information Sessions (in person or Teams)**
- **Sign up online at:** https://www.bellevuecollege.edu/runningstart/future-students/information-session-schedule/







Summer Running Start

Jonathan Harrington | Program Specialist
Center for High School Programs
Bellevue College

Questions?

BC email for new Running Start students
runningstartnewstudent@bellevuecollege.edu

Lake Washington Tech Running Start email: running.start@lwtech.edu

Contact your NHS counselor & Mr. Rios with questions

BC website:
http://www.bellevuecollege.edu/runningstart

Lk Wash Tech website:
http://www.lwtech.edu/academics/high-school/running-start/