2026
Bellevue School District
Running Start Information Session

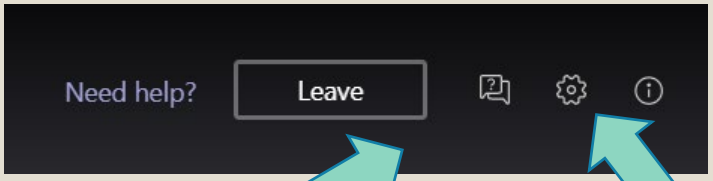
Presented by
BSD School Counselors & Running Start Staff

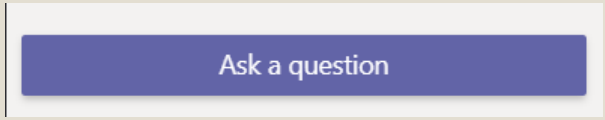
BSD RUNNING START

MANDATORY INFORMATION SESSION

For School Year 2026-2027

Questions will be answered as time allows



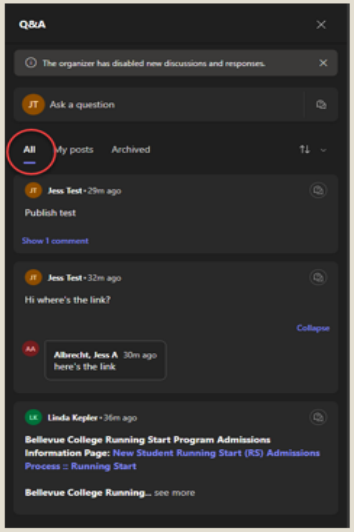


Go to the 'Q & A' feature to ask a question

Go to the 'settings' icon to chose a language for closed captions

Español, 简体中文 Simplified Chinese, 傳統漢 Traditional Chinese, हिंदी Hindi, 한국어 Korean and Việt Vietnamese

You'll see published questions and responses in the All tab.



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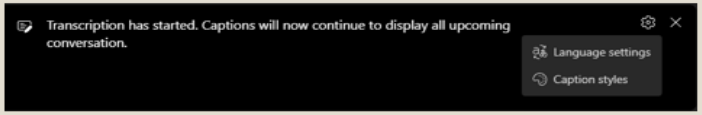
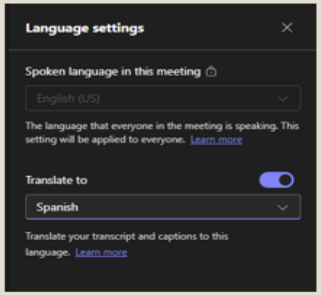




We will not be using the Raised Hand feature

Presenters:

Mary Beth Smith

Sammamish School Counselor

Alyssa Flaherty

Interlake School Counselor

Linda Kepler

BC Running Start

Answering questions in chat

Lauren Summers

Bellevue School Counselor

Chunneath Kravanh

Newport School Counselor

Outline for today

- Who?
- What?
- Where?
- When?
- Why?

Who can do Running Start? What is it?

A program for Juniors and Seniors to earn **College Credit** and **High School credit** at the same time.

Students take their classes at a local college.

Quarter system (Bellevue College)	Semester system (BSD High School)
Terms: Fall, Winter, Spring	Terms: Fall, Spring
Number of classes: ~ 3	Number of classes: 6-7
Number of credits: 12-21 college credits/quarter (5 college credits= 1 HS credit) 45 college credits/full year (=9 HS credits)	Number of credits: 3.0-3.5 HS credits/semester 6.0-7.0 HS credits/full year
Length of Term: ~ 9 weeks	Length of Term: ~ 18 weeks
School Breaks (approx.): *Winter*: 2- 3 weeks in Dec. *Mid-winter*: NONE *Spring*: 1 week in **March**	School Breaks (approx.): *Winter*: 2 weeks in Dec. *Mid-winter*: 1 week in Feb. *Spring*: 1 week in **April**

Sample BC schedule for an 11th grader

	FALL QRT	WINTER QRT	SPRING QRT
	English 101	History 147	Physics 101
	World Lang	Math 141	Math 142
	Art	Elective	Elective
HS Credits Earned:	3	3	3

Sample BSD schedule for an 11th grader

	1st SEMESTER	2nd SEMESTER
	American Lit or AP/IB	American Lit or AP/IB
	US History or AP US /IB	US History or AP US /IB
	Pre-calculus or other	Pre-calculus or other
	Physics or other	Physics or other
	World Language	World Language
	Elective	Elective
	Art	Elective
HS Credits Earned:	3.5	3.5

Associate's Degree Opportunities

Degree Requirements	Credit	Qtr/Yr
Written Communication: 10 credits		
Group A:		
Group B:		
Quantitative/Symbolic Reasoning: 5 credits		
Humanities: 15 credits *(three different subjects)*		
Social Sciences: 15 credits *(three different subjects)*		
Natural Sciences: 15-16 credits *(three different subjects)*		
Lab:		
Electives: 30 credits or sufficient credits to meet total of 90 *(max. 15*		

UNOFFI

- Many Running Start students try to earn an AA Degree.
- You can visit the BC webpage for an AA Planning Sheet that will help guide you towards earning the AA Degree (sample on left).
- **BC also has Advisors available to help you track you credits for the AA.**

Advice from BSD Running Start students

Do your work on time. Work piles up over time and your teachers will not remind you. Don't be afraid to reach out to your professors if you need help, extra time, or want to learn more. Majority teachers are very good at accommodating, and most are lenient if you ever need an extension for an appropriate reason (not procrastination).

You need to try very hard to make sure to speak up with you need help and work with your professors because they are there to help you and are willing to help at all times; There's no need to feel embarrassed for needing help because everyone does.

Stay involved in high school!
Don't take 7:30 AMs (or even 8:30 for me) if you can help it.

Learn how to time manage for sure. Also talk to you professors if you need help. Don't be scared of them. Be responsible for you grade and learning. Absolutely No one is going to come to you and talk to you about how you can bring your grade up.

Make sure you keep track of all your assignments

Why?

- Why should I do Running Start?
- How do I know if it is a good fit?

Is Running Start Right for You?

- Are you…..
  - Excited about **academic challenges**?
  - More **mature** than most high school students?
  - Comfortable with diverse situations?
  - **Assertive** and able to ask for help?
  - Doing well academically?
  - **Independent** and **motivated**?
  - **Consistent** with attendance and work completion?
  - Able to **commit** to the program for a full year?

Benefits of Running Start

- Free college tuition!
  - Reminder –Students pay for Textbooks, other class fees, & Parking
- Advanced course work and academic challenge
- Variety in course selection
  - Foreign languages, sciences, astronomy with a real planetarium, etc.

- Flexible schedule
- Develop independence
- Make connections with college faculty
- A new social environment
- Opportunity to earn a two-year college degree (A.A./A.S)

Challenges of Running Start

- Scheduling challenges
- Student is ultimately responsible for ensuring that high school graduation requirements are met!
- Transfer credit issues
  - Credits may not be accepted at all schools
- Books, fees and transportation costs $$$
  - Can be a few hundred dollars per quarter

Challenges of Running Start

- Fast pace and time demands of college studies
- A new social environment and age diversity
- Impact to your college **and** high school transcript by doing poorly
  - Financial aid ramifications (if below 2.0 GPA)
- Some classes may be online
- Conflicting vacation dates
- May miss out on assemblies/activities

FERPA & Parent Involvement

- Under the Family Educational Rights and Privacy Act (FERPA), college professors **cannot communicate with anyone but the student** about the student's course work or grades. **All students taking college courses are considered adults.**

- The student is responsible for all communication regarding course work, grades, and appeals or complaints.

What about Part-time Running Start?

VERY DIFFICULT TO MANAGE

Parking and transportation issues

Must be on time

Your high school schedule may not be able to accommodate your college schedule.

Different calendars

Holidays, assemblies, testing, etc.

Running Start enrollment balance works best as a year-long commitment

We encourage **full-time** Running Start.

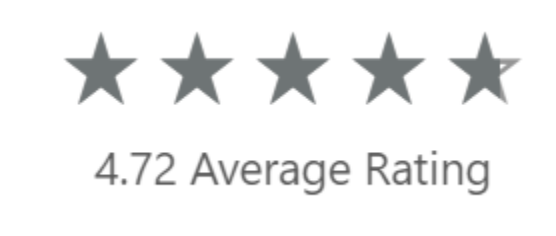
Running Start vs IB vs AP vs "College in the High School"

- Universities see these rigorous courses as **equivalent** (all are college level)

- College credit can be earned by:
  - Completing the class:
    - Running Start
    - College in the High School
  - Earning a score on an end of year exam:
    - IB & AP Classes

- Ultimately, the college you attend after you graduate high school will determine how to grant you credit.

Other thoughts/feedback



It is such a good program! I would really take advantage of the fact that you're in college while in high school. You get so many credits that you can transfer. The professors are much nicer and more lenient if you show interest and are willing to learn.

I loved every second of it! It worked with my busy schedule perfectly and I never had a bad teacher.

It is MUCH MORE different than regular highschool classes.

The classroom environment is much more mature. Teachers offer more freedom.

It's the best decision I've ever made.

I actually enjoy some of the classes I'm taking and I feel like I'm way more independent.

I've really enjoyed the diversity of classes & instructors available at BC.

How?

How do I qualify?

How do I pick my college classes?

How do I register for classes?

How is my HS counselor involved?

Cost?

Paid by BSD:

Tuition: Up to 21 college credits for full-time Running Start students each quarter approved by RSEVF (state form)

Paid by student:

- Textbooks + other class materials required
- Class fees
- Parking
- Any credits over the approved 21/quarter
- Any credits below the 100 level placement (ex: Math 099, ENGL092)

Placement Requirements

You will need to be able to “place” into certain classes.

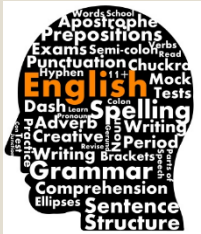
- Submit your transcript for placement or complete an English/math placement exam or an alternative placement option

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

Must use the Placement button on Placement website to submit requests

- Must meet **all** program deadlines!

English Placement



- Students may place into English 101 or higher with:
  - High School transcript, overall GPA of 3.0 or higher
  - See college website for alternative options if needed (including a placement test)

Ask for English and Math Placement and Submit your Documentation

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

Math Placement

- Students may use one of the following:
  - Appropriate grade in a high school math course
    - Visit the link for more info: https://www.bellevuecollege.edu/wp-content/uploads/sites/143/2018/07/BSD-grid-for-website-math-only-ALEKS-update-1.pdf
  - Placement using ALEKS, a web-based program

Ask for English and Math Placement and Submit your Documentation

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

Running Start Enrollment Verification Form

Make sure you use the most updated form!

Washington Office of Superintendent of
PUBLIC INSTRUCTION

2025-26 Running Start Enrollment Verification Form

Student

Name (Last, First): _____

Phone: _____ Email: _____

High School: _____

High School SID #: _____ District: _____

College: _____ College SID/ctcLink #: _____

College Term: ☐ Quarter _____ **OR** ☐ Semester _____
(Fall, Winter, Spring) (1st or 2nd)

Consent to share FRPL/income status for purpose of college fee waiver ☐ Y ☐ N

Counselor or Authorized HS/District Administrator

☐ Check if this is a revision ☐ Student Over 18
☐ New Student ☐ Returning Student
☐ Homeschool Student ☐ Private School Student
☐ Student Enrolled in Multiple Colleges (Requires separate RSEVF for each college.) Name(s) of additional college(s):

☐ Spring Quarter Eligibility Adjustment Form (SQEAF) attached.

FRPL ◊ eligibility in past 5 yrs. ☐ Yes ☐ No

Running Start Classes (by Student) / High School Equivalency (by Counselor/Administrator)

College Course (Dept. & Number)	# of College Credits		High School Equivalency	# of HS Credits
		=		
		=		
		=		
		=		

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	1.40	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

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

Available College FTE/Credits (by Counselor/Administrator)

For the college term ∆ 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 high school/skill center FTE above.

Student Grade Level: ☐ 11th ☐ 12th ☐ 5th Year Sr °

Comments: _____

High School/District Signature: _____ **Phone:** _____

Printed Name & Title: _____

College Signature: _____ **Phone:** _____

Printed Name & Title: _____

Student & Parent/Guardian Acknowledgement

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 Funding Limit Table, the student is responsible for:
  1) paying all college tuition and fees associated with exceeding the college credits identified in the table; or
  2) withdrawing from the excess college or high school course(s).
- Unless waived based on family income, the student is required to pay any college/lab fees charged for college classes.
- The signature below acknowledges the need to share FRPL eligibility only with the college to ensure access to tuition/fee waivers. Choosing not to disclose income status (see checkbox in "Student" section) will not affect eligibility for Running Start or free and reduced-price meals. Individuals receiving the information will not share it with any other entity or program.
- 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 responsibilitiy to determine college admissions policies/deadlines and whether earned college credits will transfer.
- After completing their college coursework, students are responsible for requesting offical college transcripts through the college's registrar's 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 the student is under 18, the parent[s] [or guardian(s)] 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 parent[s] [or guardian(s)], without the consent of the eligible student, if the student is a dependent for tax purposes under the IRS rules."

I acknowledge 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

What is an RSEVF?

- Running Start Enrollment Verification Form
- It's like a permission slip and a check!
- Completed with your school counselor each quarter
- Shows the college how many credits you can take
- Can help you request financial assistance for class and student fees

Make sure you use the most updated form!

Consent to share FRPL/income status for purpose of college fee waiver ☐ Y ☐ N

FRPL ϕ eligibility in past 5 yrs. ☐ Yes ☐ No

- Helps you know what classes at the college count for HS graduation requirements!

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	1.40	21 *
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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

Available College FTE/Credits (by Counselor/Administrator)

For the college term ⁴ 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 high school/skill center FTE above.

Student Grade Level: ☐ 11th ☐ 12th ☐ 5th Year Sr °

Comments: _____

High School/District Signature: _____ **Phone:** _____

Printed Name & Title: _____

Students submit completed RSEVF to Bellevue College here:

Running Start Program Menu

- Academic Calendar
- Running Start Home
- RS Information Session Schedule
- RS Admissions
- RS Current Students
- RS Summer
- RS Advising & Educational Planning
- RS General Rules and Information
- RS Parents / Guardians
- RS Forms & Quick Links
- Bellevue College RS Program Frequently Asked Questions & Answers
- RS Resources

Student Forms

- RS New Student Intent Form
- RS Enrollment Verification Form (EVF)
- College General Admission Application
- RS Fee Waiver Form
- RS Fee Waiver Instructions with Q & A
- Student Information Release Authorization Form
- Withdraw Permission to Access Student Information Form

Submit your form here (or go to the Running Start page for the link)

Questions? runningstartnewstudent@bellevuecollege.edu

Bellevue College Academic Policy

- **Running Start students follow the same academic policy as all Bellevue College students.**

Academic Standing Policy

- Bellevue College is committed to the academic success of its students. The college identifies and alerts students who are not making satisfactory academic progress and provides those students with assistance to improve their academic performance. The Academic Standing Policy applies to all students, with limited exceptions (policy #3200).

Academic Standing Procedures

- Students must earn a cumulative and quarterly Grade Point Average (GPA) of 2.0 or higher to remain in good academic standing and off of academic probation. The college applies progressive consequences for students who do not achieve a good academic standing at the end of each quarter.
- Exceptions may include students admitted through programs that establish academic standards that include criteria in addition to a student's GPA, such as students receiving financial aid, international students, and Running Start students. Students impacted by these exceptions should contact the appropriate program advisor for information (3200p Academic Standing Procedures).

Bellevue College: Running Start Academic Policy

The college requires students to earn at least a 2.00 grade point average (GPA) each quarter.

- RS students follow the college **Academic Standing** policy and process.
- The college uses four levels of progressive intervention for students who do not earn at least 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
- Students can appeal college actions taken for Level 3 and Level 4.

https://www.bellevuecollege.edu/current-students/academic-standing/

*Students may be charged fees for dropping classes

Join Running Start at Bellevue College!

- **For students that plan to attend the Running Start Program Starting Summer or Fall Quarter 2026**

- Priority Registration Begins for Summer and Fall 2026 Quarter classes May 2026. For students that have completed all of the RS Admissions Steps.

- For Information about Summer and Fall 2026 Quarters Running Start please see our webpage at:
- Summer Running Start (RS) Program :: Running Start (bellevuecollege.edu) OR
- New Student Running Start (RS) Admissions Process :: Running Start (bellevuecollege.edu)

- Summer Quarter Deadline: **June 2026**
  College Application, RS Intent to Participate and ALL RS ADMISSIONS STEPS REQUIRED.

- Fall Quarter Deadline: **September 2026**
  College Application, RS Intent to Participate and ALL RS ADMISSIONS STEPS REQUIRED.

runningstartnewstudent@bellevuecollege.edu
https://www.bellevuecollege.edu/runningstart

BELLEVUE COLLEGE
Become Exceptional

BSD Running Start Policies

- Please indicate an interest ***this spring***

(follow steps in your packet)

- After BSD starts, it is very difficult to adjust schedules. We can't guarantee you get the classes you want, if you change your mind or register after the Spring Priority deadline.

- After BC starts, NO BSD classes will be ADDED for credit.

- Students must turn in signed BSD Running Start contract (see packet).

Interested?
Your next Steps:

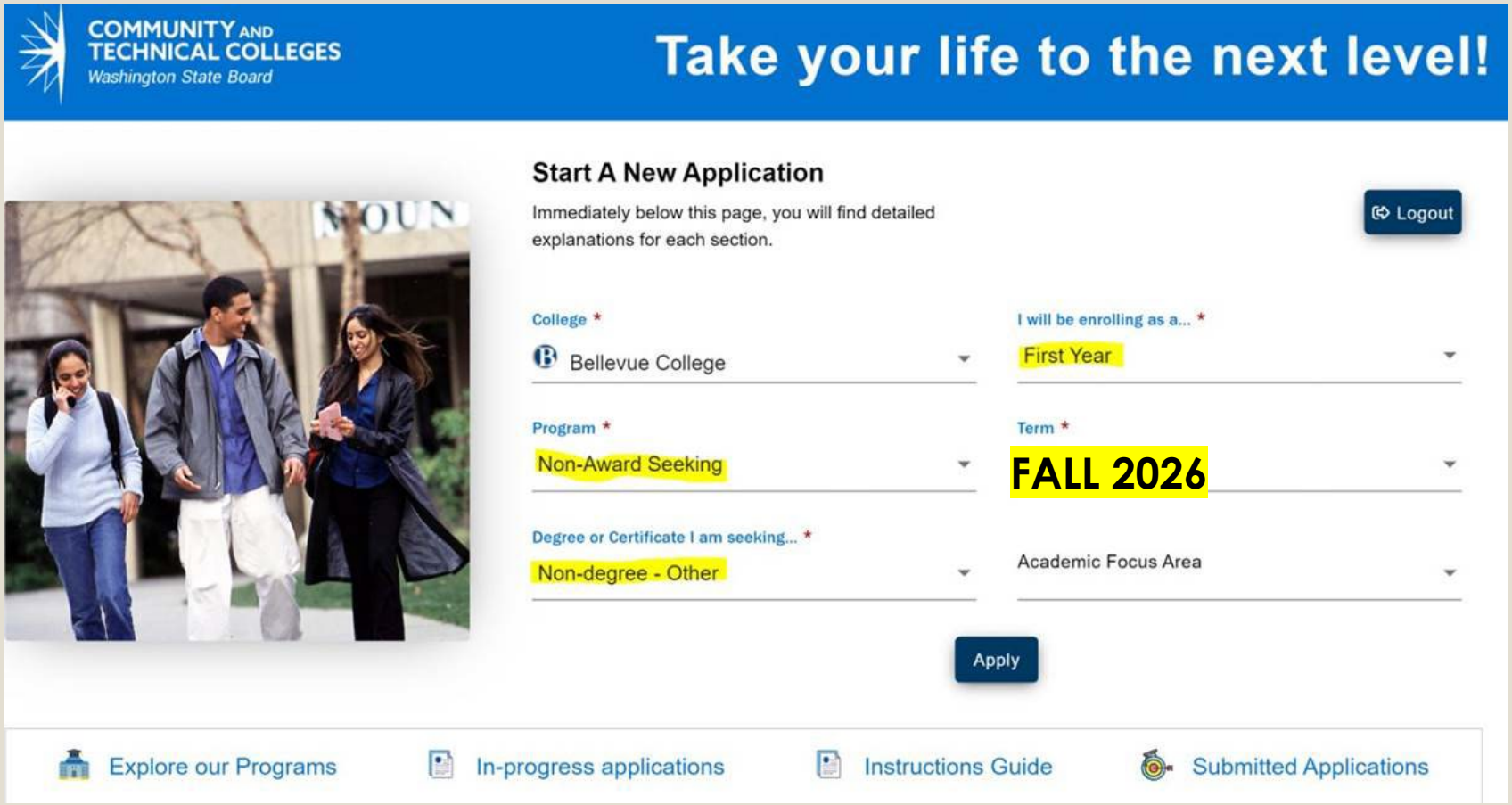
1) Review your packet with your family and think about your options.

2) Attend RS Information Session with the college

3) Apply for Running Start Online Website
   - Complete BOTH (starting March 1)
     - RUNNING START INTENT
     - BELLEVUE COLLEGE APPLICATION

Apply for Running Start Admission at BC Website

https://apply.ctc.edu/register



How does my high school manage the Running Start program?

Please review the following school specific slides for details on scheduling appointments, timelines and paperwork for your high school.

After completing all steps with Bellevue College (BHS)

Make an appointment for you and your parent/guardian(s) to meet with your BHS school counselor

- Contact Diane Campbell, BHS school counseling secretary, to schedule an appointment (campbelld@bsd405.org)
- Your BHS counselor will help you to plan out your college courses and sign your registration paperwork.
- After your meeting, turn in your completed enrollment verification form to the college Running Start office. They will tell you next steps to register for courses.

After completing all steps with the College (NHS)

- Attend a College Information Session (required)
- Follow the steps in the NHS RS packet
  - Double check to be sure all application steps are complete including your English & Math placement
- Make an appointment with your NHS school counselor (at least 3 days prior to the enrollment period)
  - Bring the signed BSD Running Start Information/Contract to this meeting
  - Each quarter, your counselor will work with you to plan your college courses and will give you the required Running Start Enrollment Verification Form (RSEVF); student is responsible for setting up quarterly meetings
- After your meeting, **upload the completed RSEVF** to the college (link is on their website). They will tell you next steps to register for courses
  - *Check your College email regularly*
- Register for your courses at the College. *Do Not Procrastinate! Classes fill up quickly!*

After completing all steps with Bellevue College (SHS)

- Attend a College Information Session (required)
- Follow steps in SHS Running Start Packet
- Make an appointment to meet with your SHS school counselor. Parents aren't required to attend the meeting but are encouraged to come
  - Contact your counselor directly through bookings, email, or Teams to schedule an appointment for April
  - Your SHS counselor will help you to plan out your college courses and sign your Enrollment Verification Form (EVF).
  - Bring your signed Running Start contract to the meeting (located in the SHS Running Start Packet)
- After your meeting, **upload the completed RSVF** to the college (link is on their website). They will tell you next steps to register for courses. **Check your college email regularly.**
- Register for your courses at the College. *Do Not Procrastinate!* – classes fill up quickly

After completing all steps with the College (IHS)

- Attend a College Information Session (required)
- Make an appointment to meet with your Interlake High School Counselor to complete the Running Start Enrollment Verification Form
  - Submit signed BSD contract
  - Determine FTE
  - Review remaining graduation requirements
  - Identify equivalent courses at Bellevue College to meet graduation requirements

After completing all steps with Bellevue College (BDD)

- Attend a College Information Session (required)
- Make an appointment to meet with your BDD school counselor, Ms. Christianto or Ms. Williams. Parents aren't required to attend the meeting but are encouraged to come.
  - Contact your counselor directly through Bookings, email, or Teams to schedule an appointment
  - Your counselor will help you to plan out your college courses and sign your registration paperwork.
  - Bring your signed contract to the meeting.
  - After your meeting, turn in your completed enrollment verification form to the college Running Start office. They will tell you next steps to register for courses.

Big Picture School

- Running Start and the BP Internship program are specialty programs that can be challenging to coordinate but can work well with some thoughtful planning and for students who are ready for the responsibility!

- Unlike the comprehensive high schools, Big Picture students can only do Running Start part-time because our Internship program is a required class.
  - This also means students cannot register for RS classes that conflict with Thursdays during your 7-hour internship or 3rd period Advisory on Mon, Tues, Wed, or Fri.

- NEXT STEPS:
- If you want to learn more about how the Big Picture program and Running Start program can work together, please refer to the video and packet that Amy has sent out!

International School

- Can International Students Participate in Running Start?
  - Yes, but:
    - IS students MUST be enrolled in all 7 classes at International and must still participate in the 7x7 curriculum
    - Running Start classes cannot interfere with IS school day
    - Running Start classes cannot replace classes at IS (for example: a student cannot take English 101 in place of AP Lang/Comp)
    - Can take up to 6 credits per quarter
- If you're interested in Running Start classes make an appointment with Colleen (High School Counselor) prior to the enrollment period to discuss next steps

What are my Next Steps?

How do I qualify?

How do I pick my college classes?

How do I register for classes?

How is my HS counselor involved?

Next steps:

- Refer to the digital packet:
  - Checklists, instructions, planning sheet
  - Course equivalencies, RSEVF, contract, graduation progress tracking sheet

- Visit Bellevue College's website:

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

RunningstartNEWstudent@bellevuecollege.edu

Planning Reminders

- It is important to plan out the courses you will take each quarter for the entire year.
  (see planning sheet in packet)

- One 5-credit college course is equal to one year (1.0 credit) of the high school level course.
  - Students must be fully enrolled at all times. This means 12+ college credits each quarter if full-time Running Start.

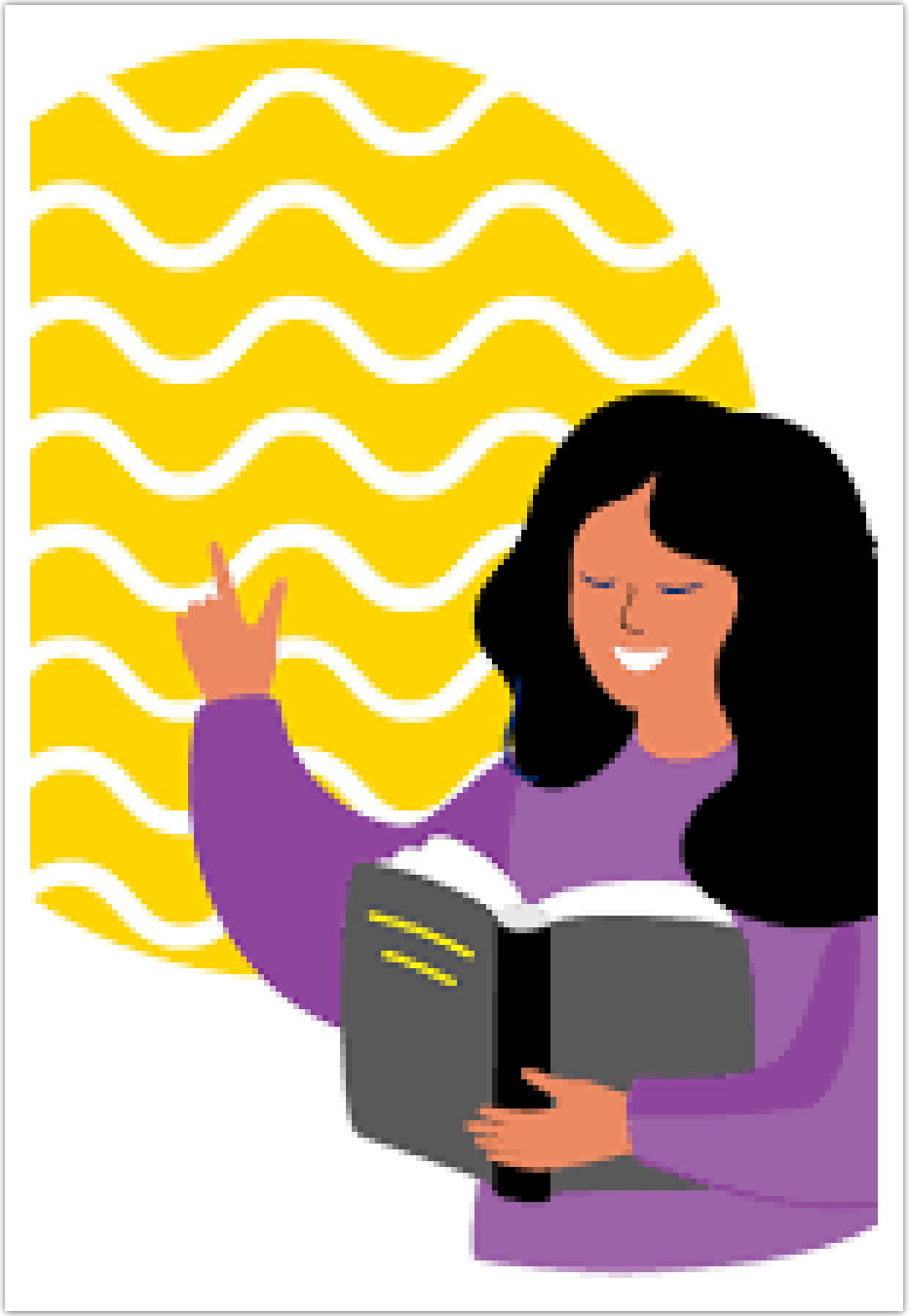
Fall 2026 BC Info Sessions

Date	Start Time	Location	Term
02/28/26	9 AM & 1 PM	Bellevue College Building N Room 201	Summer & Fall
03/21/26	9 AM & 1 PM	Bellevue College Building N Room 201	Summer & Fall
03/28/26	10 AM	Teams (Online)	Summer & Fall
04/11/26	9 AM & 1 PM	Bellevue College Building N Room 201	Summer & Fall
04/18/26	10 AM	Teams (Online)	Summer & Fall
04/25/26	9 AM & 1 PM	Bellevue College Building N Room 201	Summer & Fall
05/02/26	10 AM	Teams (Online)	Summer & Fall
05/09/26	9 AM & 1 PM	Bellevue College Building N Room 201	Summer & Fall
05/16/26	10 AM	Teams (Online)	Summer & Fall
05/30/26	10 AM	Teams (Online)	Summer & Fall
06/06/26	9 AM & 1 PM	Bellevue College Building N Room 201	Summer & Fall

Visit www.bellevuecollege.edu/runningstart for more details and the link to register to attend the BC info sessions

Summer Quarter Running Start

- 10th or 11th graders can do it
- Up to 10 credits
- Faster pace - 6 weeks instead of 9 weeks
- Students earn a letter grade/credit on both BSD and BC transcript
- Summer RSEVF is different than regular form
- Student need to follow their high school's RS process to get the Summer RSEVF signed



BC Resources

- Tutoring:
  - https://www.bellevuecollege.edu/asc/
- Mental Health Counseling
  - https://www.bellevuecollege.edu/counseling/
- Advisors
  - https://www.bellevuecollege.edu/advising/
- Disability Resources Center (for IEP and 504 Plan):
  - https://www.bellevuecollege.edu/drc/

Other Running Start Partner Programs Nearby

- Lake Washington Institute of Technology
- Seattle Central College
- Cascadia College

THANK YOU for joining our Running Start Info Session!

I loved having more independence in my classes and schedule, which means a lot less busy work and more free time (and sleep). It is also great that I can get college credit for my classes, which will reduce the price I pay for college later on.

Go to your classes even if its optional.

I enjoyed the freedom of classes on my own time

I really struggled my Freshman and Sophomore year with my grades and I never fully knew why. I decided to do Running Start because it would help me kick start my career I want to do, and I was really nervous for if I would do good in these classes. Having less classes, even if the work load is more, makes for a very low-stress school year while also getting great education and a head start.

Running Start has allowed me to focus on fewer classes at a higher intensity so that my overall workload doesn't feel as overwhelming.

I'm really glad I decided to do Running Start. It's so nice I was able to kind of pick my own schedule and do work on my own time.

More advice...

It's been an awesome experience so if you are a pretty independent person, Running Start is a better choice for you than staying in High School

make sure to do things on time

Plan ahead and register for your classes as soon as possible. Also, make sure you are prepared for your tests, quizzes, etc. Utilize resources like office hours, study groups, and the academic success center if you need it.

Just stay on track of your work and schedule classes for a good time

Make sure to stay on top of your assignments, and always communicate with your professors! They might seem scary at first since it is college courses, but they want the best for your education and all you have to do is let them know what's going on.

Enroll if you can discipline yourself to stay on track. This is great for students who want to stay in state or already know what area they want to get into. Even if you don't know what you want to major in though, it is still a great opportunity to get ahead and get some general classes out of the way if you plan on going to university.