

Running Start

Information Night



Running Start Contacts

Spokane Colleges

Spokane Falls Community College

SFCC.ConcurrentEnrollment@SFCC.Spokane.edu

Brenda Schreiber

Director of Community Outreach & Dual Enrollment

Junnie Loh-Taylor

Running Start Program Specialist

Spokane Community College

SCC.RunningStart@SCC.Spokane.edu

Guillermo Espinosa

Associate Dean Access, Outreach, and Dual Enrollment

Tessa Greene

Dual Enrollment Support Supervisor

Eastern Washington University

Andy Aldaco, aaldaco@ewu.edu

Recruiter/Application Specialist

Xinjuan Liu, xliu6@ewu.edu

Operations Manager



The Basic on

Running Start

- In order to participate, you have to be registered with a public high school in the state of WA.
 - Be a rising junior or senior, no age requirement
 - Up to 21 credits, max of 10 credits in the summer
 - Students will earn dual credits, the credits will count toward high school graduation and college transcript
-

Running Start



Get Ahead

- Earn College Credits NOW

Real College Experience

- Explore Interests, Connect with New People

Save Big

- Tuition is Covered - Save on your college degree!



Chance to Get Ahead:

Who is eligible for running start?

- WA State student
- Rising juniors and Seniors
- Home/Private school, need to enroll at local public high school to be eligible
- No test score required

*Possible GPA requirement

Chance to Get Ahead

Who is eligible for **Running Start**?

- Washington State High School students
- Rising Juniors and Seniors
- Homeschool/Private
 - Just enroll through your local high school

No test score required to start

*Some colleges may ask for a minimum GPA



Running Start vs. High School

- 3 quarters = 10 or 12 weeks
- 1 HS credit = 5 college credits
- Independence
- FERPA
- Full-time or Part-time

Running Start vs. High School



- **3 quarters per year**
 - Each Lasts about = 10-12 weeks
 - Possible 4th quarter (summer)
- **5 college credits = 1 high school credit**
- **More Independence**
- **FERPA Rules Apply**
- **Flexible Enrollment**
 - Attend full-time or part-time, online or in person

College Experience

- Campus facilities
- Campus resources
- Direct access to faculty
- Exposure to a rigorous curriculum

College Experience

- Campus Life & Support
- Academic Experience
- Schedule & Structure
- Outcomes & Benefits



College Saving

- 15+ credits of free tuition per quarter
- Up to 2 free years of tuition
- Opportunity of attending summer sessions



College Savings

- Up to **21** credits tuition free each quarter
- Earn Up to **2** free years of tuition
 - While still in high school
- NEW! Summer Quarter **now** tuition free
 - Get ahead even faster!



What skills help a Running Start Student Succeed?

- Self-motivated
- Good time-management skills
- Communication Skills
- Deadline-driven
- Comfortable on a diverse campus with students of different backgrounds and ages



Skills for Running Start Success

- Self-Motivated
- Strong Time Management
- Clear Communicator
- Deadline-Oriented
- Adaptable & Inclusive



Why choose Running Start?

- Complete high school and college requirements at the same time
- Time and cost savings
- Experience college life sooner
- New social environments
- Flexible options
- Ability to still participate in high school sports and activities
- Opportunity for on campus activities, clubs, and jobs



RS RECAP

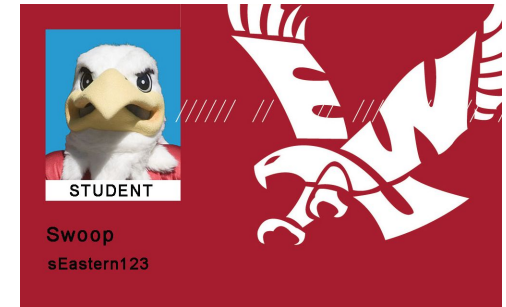


- Finish high school **&** earn college credits at the same time
- Save time **&** money on your college degree
- Experience college life early **&** build confidence for the future
- Enjoy flexibility with class schedules **&** learning options



RUNNING **START**

- Mandatory quarterly advising with consistent advisor.
 - Priority Registration
- Early Major Exploration
 - Career Center
 - Take major classes
 - Know the professors
- Book Loan Program for those who qualify
- Strong academic support services
- Free STA bus pass around the region



Grad Plan



Spokane Public Schools Bryant, Community, Ferris, LC, NC, OnTrack, Rogers, Shadle 2022-2025 Running Start Graduation Plan

Name _____

EWU ID _____

• 11th/12th Gr. Language Arts (2)

Two courses must be taken, one from Group A and one from Group B.

Group A Composition:

ENGL 101 [*] <i>English Composition</i>			
ENGL 201 [*] <i>English Comp. Analysis</i>			

Group B Literature:

ENGL 170 [*] <i>Introduction to Literature</i>			
GNML 212 [*] <i>Modern World Masterpieces</i>			
HUMN 210 [*] <i>Classics in Literature</i>			
HUMN 211 [*] <i>Western World Masterpieces</i>			

• Civics

POLI 100 [*] <i>Modern Government</i>			
---	--	--	--

• US History (1)

One course from the list below must be taken.

HIST 111/112 [*] <i>Am. Hist. before/after 1877</i>			
HIST 215 [*] <i>Early African American</i>			
HIST 220 [*] <i>20th Century African Amer.</i>			
HIST 218 [*] <i>Chicano History</i>			
HIST 313 [*] <i>Asian American History</i>			
IDST 101 [*] <i>Intro to Indian Studies</i>			

• Current World Affairs (1)

HIST 301 [*] <i>History of the Present</i>			
POLI 203 [*] <i>Comparative Politics</i>			
POLI 204 [*] <i>International Politics</i>			
SOCI 263 [*] <i>Social Problems</i>			
INST 200 [*] <i>Global Issues</i>			
CMST 440 [*] <i>Global Communication</i>			
TECH 393 [*] <i>Tech & World Civilization</i>			

• CTE

Any course from the following:

CPLA 120 <i>Computer Applications</i>			
CSCD 110 <i>Intro to Programming</i>			
METC 102 4 credits <i>Engineering Graphics</i>			
EENG 160 4 credits <i>Digital Circuits</i>			
PLAN 100 <i>Urban & Regional</i>			

• Mathematics 3rd year Credit

Math 103 or 104 <i>Not College Level</i>			
Math 107 [*] <i>Mathematical Reasoning</i>			
Math 114 <i>Algebra Concepts</i>			

• Mathematics 4th year Credit

Math 141/142 [*] <i>Pre-Cal I or II</i>			
Math 161 [*] or 162 [*] <i>AP Calc AB</i>			
Math 163 [*] <i>AP Calc BC</i>			
Quantitative Course			

• Science

Year 1 and 2: Any 100 or above algebra-based Biology, Chemistry, or Physics. Years 3 and 4: Any 100 or above Science

Science			
Science			

• Health & Fitness

PHED <i>Physical Education</i>			
HLED <i>Health Education</i>			

• Fine Arts

THTR 202 [*] <i>Theatre in the Humanities</i>			
MUSC 212 <i>Music in the Humanities</i>			

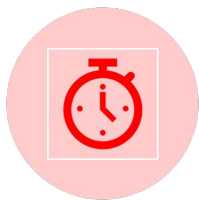
• Foreign Language

_____ 101			
_____ 102			
_____ 103			

Students are required to complete a High School & Beyond Plan. See high school counselor

Student	Date
I understand that this is an informational planning sheet for graduation purposes. School district has final authority on granting high school diploma.	
Parent/Guardian	Date
I understand that this is an informational planning sheet for graduation purposes. School district has final authority on granting high school diploma.	
High School Counselor	Date
I have reviewed the above graduation requirements and agree that all information is correct as of today.	
High School Requirements Still Needed:	
1.0 English 11	
1.0 English 12	
1.0 Civics	
1.0 US History	
1.0 CWA	
1.0 Fine Arts	
1.0 Science	

EWU's Running Start Application Deadlines and Steps



APPLICATION DEADLINES PER TERM

Start Term	Deadline
Spring Quarter	March 3
Summer Quarter	June 3
Fall Quarter	September 1

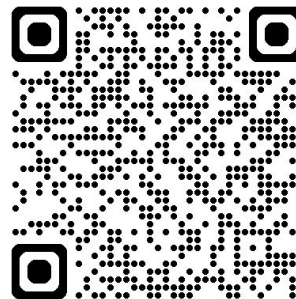
All Applications are currently live!!! Apply today!

What you'll need:

Counselor and
Parent/Guardian
Information

Unofficial HS
transcript

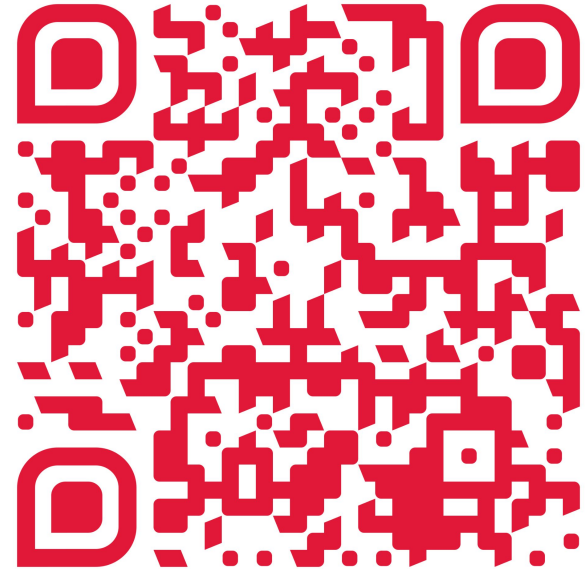
Letter or
Recommendation
(if applicable)



Come experience campus for yourself

RS Preview Day (Cheney Campus)

- In-Person
 - Date: March 11, 2026 (Wed)
 - Time: 5:00PM - 7:00PM
- Virtual (Zoom)
 - Date: March 14, 2026 (Sat)
 - Time: 10:00AM - 11:00AM



EWU in the High School

☐ Free College Credit

- ☐ College Exposure
- ☐ Earn Credit by Passing Class

☐ Who Qualifies?

- ☐ 9-12th Grade
- ☐ No GPA

☐ Expenses Covered

- ☐ Tuition
- ☐ Textbooks

☐ EWU Resources

- ☐ Online Tutoring
- ☐ JFK Library

☐ Important to Know

- ☐ Beginning College Transcript
- ☐ Enrollment & Financial Aid

☐ Application Process

- ☐ Watch video, Apply, Register





Running Start Community College

- Work towards your AA/AAS and High School Diploma
 - AA-DTA (Transfer)
 - AAS (Associate of Applied Science)
- No GPA (Open Access)
- Flexible Learning Options
 - In person, Hybrid, Online, Flex
- Dedicated Faculty Advisors/Counselors
- Wrap around student support
 - Book Voucher, Fee waiver, Scholarships/Grants

HOW DO I APPLY TO SCC/SFCC?

Complete application

- Submit a transcript to the Running Start Office

Online New Student Orientation

1. Grad Tool Requirement

2. Enrollment Verification Form (EVF)

Register!

www.scc.spokane.edu

Application Deadlines per term

Spring Quarter 2026

March 16, 2026

Summer Quarter 2026

June 10, 2026

Fall Quarter 2026

August 31, 2026

www.sfcc.spokane.edu



RUNNING START INFO SESSIONS 2026

**SPOKANE
COMMUNITY COLLEGE**
Tuesday, March 10
5:30PM

Located at the Lair, Building 6

**SPOKANE FALLS
COMMUNITY COLLEGE**
Thursday, March 12
6:00PM

Located at the SUB, Building 17

If you are a rising junior or senior, you can earn college credit and high school credit at the same time. Experience exciting new classes or choose a flexible path by joining Running Start as a full-time or part-time student and build momentum toward your future career!

- ✓ Learn more about Tuition Free Credit*
- ✓ Meet current Running Start Students & Advisors
- ✓ Get to know Instructors, Faculty and Staff
- ✓ Learn about all resources & degree options

TO REGISTER

Scan the QR code or go to:
bit.ly/spokane-colleges-rs26



FOR MORE INFO

Go to our website:
spokane.edu/running-start

✉ SCC.RunningStart@scc.spokane.edu

✉ SFCC.ConcurrentEnrollment@sfcc.spokane.edu

*Running Start Students PAY NO tuition for college classes.
Certain fees and book costs may apply.

Spokane Colleges does not discriminate on the basis of race, color, religion, national origin, sex, disability, sexual orientation, pregnancy and related conditions, or age in its programs, activities or employment. Marketing & Public Relations 12/2025 25-0419 ER

Start building your future today!

Come check out SFCC or SCC

- Explore career pathways
- Meet current students
- Meet Faculty and Counselors

QUESTIONS

