ISSAQUAH
SCHOOL DISTRICT 411

Running Start Info Session

Issaquah High School
Counseling Department
February 2026

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Purpose

- Provide a brief overview of Running Start.
- Give insight into the program to help families decide if your student is a good fit for the program.

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Hilde Tzemos	A - Chen
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Rachel Auffant	Gam - J
Maegan Pedersen	K - Mb
Melanie Bonanno	Mc - P
Nadine Leach	Q - St
Steven Park	Su - Z









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College & Career Specialists

Lindsay Eberhardt & Jenny Wang

- Can support students with Running Start application process
- Great resources for all post-HS goals
  - Scholarships, financial aid, essay writing, college search, volunteer and job opportunities, and more!

Schedule an appointment:

Visit in back of Library!

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What is Running Start?

- Running Start is a program that allows students, after 10th grade, to take college courses at Washington's 34 community and technical colleges. Students earn both high school and college credits for these courses.
- https://www.sbctc.edu/colleges-staff/programs-services/running-start/

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Advantages

- **Free tuition:** Earn up to two years of tuition-free college credit.
- **Advanced Coursework**: Take advanced courses and a greater variety of courses than those available at Issaquah HS.
- **Adult Education Setting:** Students with academic interests not being met at a traditional high school can often flourish in a different setting.
- **Flexibility in Scheduling Classes:** Classes are available from 6:30am-10:00pm, online & weekends.
- **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 class.
- **Earn more HS credit**: Due to the quarter system, students have the option of earning more high school credit than a 7-period day at IHS allows.

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Successful Students in Running Start are...

- **Organized** – aware of deadlines for homework, class registration, tuition, etc.
- **Flexible** – find and schedule classes based on grad reqs, adjust plans when a certain class is full.
- **Committed** to attending classes regularly and on time.
- Disciplined and **self-motivated**, without family or HS intervention.
- **Independently responsible** for their own schoolwork, grades, and progress.
- **Ready** for working independently in an adult setting, with older peers, and with less teacher support.
- **Ready** for transportation – drive themselves, take bus, carpool or family rides.

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How does it work?

- Up to 21 college credits per quarter during school year *
  - Up to 10 college credits in summer quarter, beginning after 10th grade
- Earn high school AND college credit (dual enrollment) -- Running Start credits & grades appear on both high school & college transcripts.
- Credits can count toward an Associate degree (2 yr), &/or transfer toward a Bachelor degree (4 yr).
  - ***Note**: college dependent*
- IHS students commonly attend Bellevue College, Renton Technical College
  - Also: Central Washington University (online), Lake Washington Technical College, Cascadia College, Green River College, Seattle Central College

** pending legislative session*

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Eligibility

- Rising 11th and 12th grade students
- Recommend that students have earned 10+ HS credits prior to starting
  - 24 HS credits required for graduation
- **Ready for college level course work**
- Still an IHS student, but...
  - Student **must** be independently responsible for ALL aspects of college – application, registering for courses, reading communication/emails from the college, managing deadlines, monitoring progress, asking for help.
  - College CANNOT communicate with high school or family if there is an issue.

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What does a Running Start Schedule look like?

- It depends! There are a lot of options.
- **Full-Time Running Start**
  - Take ALL classes at the college
  - Typically 3 courses each quarter (15-16 credits)
  - Eligible to take 21 college credits *(allowable, not always recommended)*
- **Part-Time Running Start**
  - Take some classes at Issaquah HS and some at college
  - Meet with counselor in May to adjust course requests for how to balance between HS and College.

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How do the credits work?

- 5 college credits = 1.0 high school credit
  - Example: English 101 (5 college credits) transfers to IHS as 1.0 American Lit.
- 2-3 college credits = .50 high school credit
- 1 college credit = .25 high school credit

Equivalency Guide -- available on Counseling site, shows which classes at BC count toward IHS subject area requirements.

- NOTE: Math begins at college level (above Algebra 2)

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Credits: College Quarter vs High School Semester

- Colleges have 3 quarters: Fall, Winter and Spring
  - Full time students typically take 3 classes EACH quarter.
  - Most courses are 5 college credits = 1.0 high school credit (full year of content)
    - Typical full-time schedule = 9.0 HS credits (45 college credits) in one year (Fall, Winter, Spring).

- **Example:** English 101 in Fall quarter = 1.0 HS English, and then you are DONE with English for the year, and shift to different courses for Winter or Spring.

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Junior Year Full-time Example

IHS 11th grade requirements (7 credits): 1.0 English, 1.0 Math, 1.0 Science, 1.0 US History, 3.0 Electives (or other requirements such as PE, Art, CTE, Health, etc.)

Fall	Winter	Spring
• ENGL&101 – English 11 • MATH&141 – Precalculus • PE100 – Phys. Ed.	• HIST&148 – US History • CHEM&121 – Chemistry • HLTH250 - Health	• PSYCH&101 – Elective • ART105 – Fine Art • BUS&101 - CTE

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How will I know what courses to sign up for?

- Equivalency Guides show which college courses meet each subject requirement.
- Meeting high school requirements is priority.
- You must consult with your counselor **EVERY** quarter, who will advise on courses and help keep you on track.
- Each quarter, counselor signs RSEVF form (to ensure free tuition) - **students** must initiate.
- It is student's responsibility to register themselves for correct courses.

Links to Equivalency Guides:

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Things to Consider

- **Maturity:** Academic readiness, discipline, and responsibility
- **Other costs:** Tuition is free, books and fees are student's responsibility
- **College credit:** Credits may not transfer to all schools (out-of-state colleges)
- **Socialization:** College is an adult environment with great age diversity; students are taking classes with all other college students (not just HS students)
- **College Math:** Running Start does not include Algebra 1, Geometry or Algebra 2.
  - *Students needing lower Math should take at HS.*
- **Starting 4-year college ahead:** Running Start grades impact college GPA.
  - Students must maintain 2.0 college GPA or be placed on academic probation. If GPA does not improve, student will become ineligible for Running Start.

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Things to Consider Continued...

- **Scheduling Part-time:**
  - IHS's block schedule must be considered
  - Students must plan schedule where obligations don't conflict
  - Allow for travel and parking constraints.
- **Not guaranteed classes at RST:** students with the most credits register first, you need to register on time, have a plan and a back-up plan, and be flexible.
- **Year-long commitment** – it does not work well to start or stop Running Start mid-year.
- **College calendar** -- breaks don't always align with HS.

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Role of High School and Counselor

- Counselor advises on graduation requirements, which college classes meet them and can offer scheduling suggestions.
- Counselor signs the enrollment (RSEVF) form each quarter (student must schedule appointment and bring form, then submit form to college).
- **RSEVF form pays tuition**
  - No Winter quarter form turned in = no Winter quarter tuition paid.
- High School adds college grades to HS transcript.
  - All RST grades received must be entered onto HS transcript – by state law.

School counselor does not have access to college <u>at all</u>. Can support student in completing their tasks, does not have any access or power to do it for them.

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What Next? Apply Now (in March)

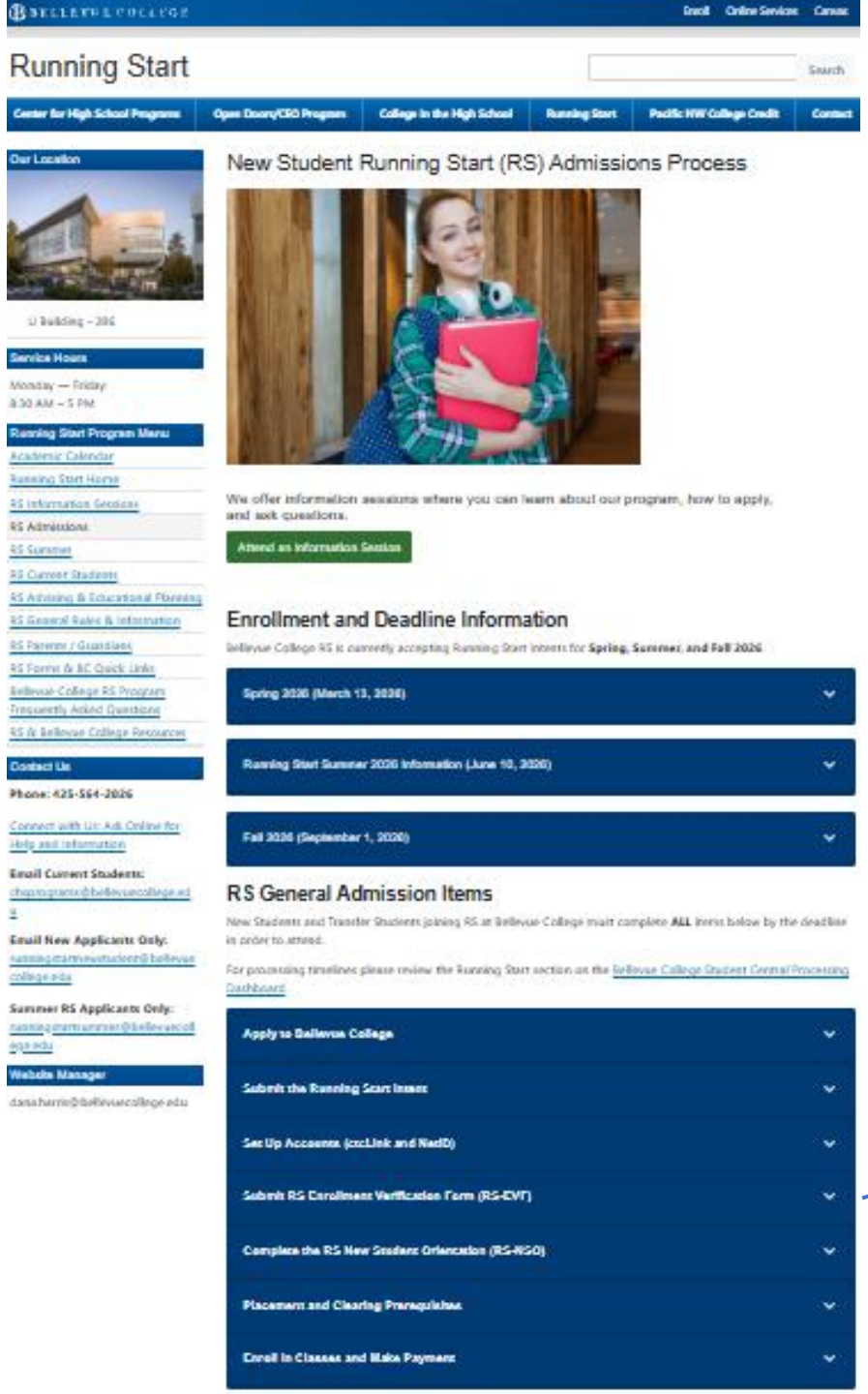
- Students will apply BEFORE meeting with a counselor to understand all possible schedule options. Apply FIRST, you can always back out later.
- Application has multiple steps & requires attention to detail.
  - You must complete ALL steps.
  - Open all drop-down menus, go step by step, read email and follow directions, complete all forms.

- CHECK YOUR EMAIL DAILY. The college will send Next Steps once your application is accepted, you are NOT DONE. More steps will be sent via email to include creating a college email account, and reviewing the college policies.

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Steps to Apply – must be done in order

1. Attend a college Running Start information Session (optional)
2. Complete Running Start application on the college website.
3. **Check your email** for instructions from the college and complete ALL outlined application steps. **All emails go to the STUDENT - not parents, not school.**
4. Complete the English and Math Placement. **This is REQUIRED.**
5. Upload required forms and proof of placement email from the college to our Prospective RST Request form (opens in April)**.**
6. **AFTER the above steps are complete**, visit Mrs. Lipsen in Counseling to be cleared for a counselor appt. She will verify you are ready.
7. Counselor appointment – all scheduling questions answered, adjustments made in Skyward, RSEVF form signed.
8. THEN student submits signed form to college, registers for courses at appointed time.



Running Start

Search

Center for High School Programs | Open Doors/CEO Program | College in the High School | Running Start | Pacific NW College Credit | Contact

Our Location

Service Hours

Monday — Friday
8:30 AM – 5 PM

Running Start Program Menu

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

Contact Us

Phone: 425-564-2026

Connect with Us: Ask Online for Help and Information

Email Current Students:

Email New Applicants Only:

Summer RS Applicants Only:

Website Manager

New Student Running Start (RS) Admissions Process

We offer information sessions where you can learn about our program, how to apply, and ask questions.

Attend an Information Session

Enrollment and Deadline Information

Bellevue College RS is currently accepting Running Start intents for **Spring, Summer, and Fall 2026**

Spring 2026 (March 13, 2026)

Running Start Summer 2026 Information (June 10, 2026)

Fall 2026 (September 1, 2026)

RS General Admission Items

New Students and Transfer Students joining RS at Bellevue College must complete **ALL** items below by the deadline in order to attend.

For processing timelines please review the Running Start section on the Bellevue College Student Central Processing Dashboard

Apply to Bellevue College

Submit the Running Start Intent

Set Up Accounts (ctcLink and NetID)

Submit RS Enrollment Verification Form (RS-EVF)

Complete the RS New Student Orientation (RS-NSO)

Placement and Clearing Prerequisites

Enroll in Classes and Make Payment

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 ☐

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 0 eligibility in past 5 yrs. ☐Yes ☐No

Running Start Classes (by Student)

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

High School Equivalency (by Counselor/Administrator)

Running Start Funding Limit Table

Weekly Minutes based on high school bell schedule			FTE			Available College Enrollment: Max Allowed FTE	Available College Enrollment: 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)

...ove, 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 responsibility 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

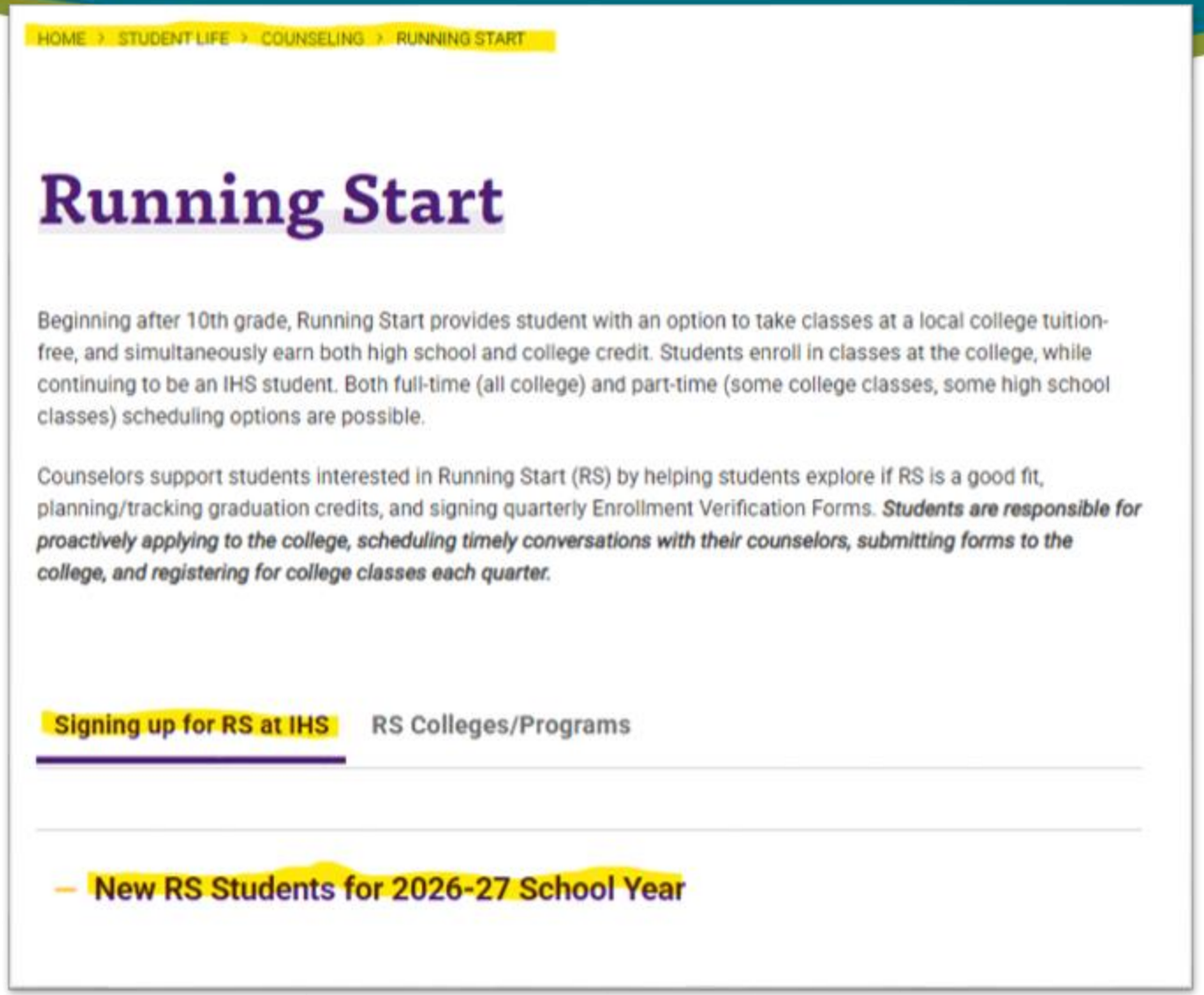
English and Math Placement

- You MUST complete this step, failure to do so can block registration.
- See college website for directions. You will need a transcript.
- Transcripts can be ordered via Parchment. See Counseling website.
- Math options for students currently enrolled in Geometry:
  - Take Algebra 2 at the high school (free)
  - Take Algebra 2 through our online program (free)
  - ***NOT recommended:***
    - Pay tuition for Alg. 2 at college (2 quarters, Math 98 & 99, costs over $1K).
    - Must consult with counselor first, must complete outside credit form.

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Issaquah High School

- IHS Website has all steps and required forms.
- **Now**: request 7 credits at IHS in March.
- **Next**:
  - **March/April:** complete college application steps
  - **April**: submit IHS form, uploading all required documents
  - **April**: check in with Ms. Lipsen to be cleared for counselor appt
  - **April/May**: meet with counselor to sign form
  - **May**: register for classes.



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Want help? Here's how!

- Review High School Options slide deck presented in homeroom on February 10th
- Attend Flex Session hosted by Counselors
  - March 4th and 11th in the theatre
  - Later sessions in 2203.
- Attend college's information session
- Review college's Running Start website
- Schedule an appointment with IHS College & Career Center
- Save scheduling and counselor questions for counselor appt in late April/early May

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Thank you!

