

FRIDAY HARBOR HIGH SCHOOL

Skagit Valley College Running Start Equivalencies

COLLEGE CREDIT LIMITS

How many SVC credits can I take?

The amount of college credits you can take depends on how many FHHS class you are in. The credit amount is per quarter, and is based on the number of FHHS classes you are taking at the beginning of that quarter.

With Advisory in your schedule

# of FHHS classes	Max SVC credits
0	19
1	16
2	13
3	11
4	8
5	5
6	4

With Advisory AND a 0 period class in your schedule

# of FHHS classes	Max SVC credits
0	16
1	13
2	11
3	8
4	5
5	4
6	4

No Advisory in your schedule

# of FHHS classes	Max SVC credits
0	19
1	16
2	14
3	11
4	8
5	6
6	4

GRADUATION REQUIREMENTS & CREDIT EQUIVALENCIES

FHHS Credit Requirements

Subject	Credits Required
English	4.0
Math	3.0
Science	3.0
Social Studies	3.0
Visual & Performing Arts	2.0
Technology & Life Skills	1.0
Health	.5
Fitness	1.5
World Language	2.0
Electives	4.5
TOTAL CREDITS	24.5

Credit Equivalency Chart

College Credits	High School Credits
5	1.0
4	0.8
3	0.6
2	0.4
1	0.2

Additional Graduation Requirements

- Complete WA State History
- Community Projects class
- High School and Beyond Plan
- Meet a WA State Graduation Pathway
- Senior Exhibition

Be sure to check Skyward for a more detailed breakdown of required credits & the FHHS Counseling Website for more information.

FHHS/SVC Course Equivalencies

This is a basic guide. Be sure to talk to the SVC Academic Advisor to find out which quarter(s) each class is offered online. Not all classes are offered online every quarter. Talk to the FHHS School Counselor with FHHS credit questions.

ENGLISH

ENGL 101 & above

*Running Start English replaces the English 12/AP English requirement during senior year.

MATH

MATH 100 & above

*Courses below MATH 100 can meet high school graduation requirements, but tuition costs cannot be covered by Running Start. 4 year colleges require Integrated 3 Math (Algebra 2) or higher for entrance.

SCIENCE

Biology:

BIOL 100

Chemistry or Physics:

CHEM 100 & above, PHYS 100 & above

Science Elective:

100 level & above in any of the following subjects:

- Astronomy
- Biology
- Chemistry
- Earth Science
- Environmental Science
- Geology
- Oceanography
- Physics

SOCIAL STUDIES

World History:

GEOG 100, HIST 126, 127, 128

US History:

HIST 146, 147, 148

Government:

POLS 101, 202

WA State History:

HIST 214

VISUAL & PERFORMING ARTS

ART 100 & above

MUSC 100 & above

TECH & LIFE SKILLS

Community Projects:

EDUC 299

Remaining .5 Tech & Life Skills Credit:

Many classes listed under “Electives” can meet this (100 level & above). Talk with the school counselor.

HEALTH

NUTR 101

FITNESS

PE 100 & above

WORLD LANGUAGE

ASL 121, 122, 123

JAPN 100, 121, 122, 123

SPAN 121, 122, 123, 221, 222, 223

ELECTIVES

Any course 100 level & above that is not being used to satisfy another graduation requirement area.

Including but not limited to courses in these areas:

- Accounting
- Allied Health
- Business
- Communications
- Computer Science
- Criminal Justice
- Data Management
- Early Childhood Education
- Economics
- Fire Protection
- Ethnic Studies
- Multimedia & Interactive Technology
- Philosophy
- Psychology
- Sociology

FAQs

How do quarters work?

The college has 3 quarters during the school year, each about 12 weeks long. FHHS has 2 semesters in that same time frame, each about 18 weeks long. If you take classes at both FHHS and Running Start, you are managing 2 different school schedules.

FHHS:

Semester 1: Late August-late January

Semester 2: Late January-mid June

SVC:

Fall quarter: Late September-mid December

Winter quarter: January-late March

Spring quarter: April-mid June*

*Note that SVC's spring quarter typically ends 1-2 weeks after the FHHS school year is over.

Do I have to take classes every quarter?

No, you can take classes during 1, 2, or all 3 quarters during the school year. You can also take summer quarter classes until you graduate. If you choose to only take 1 quarter, you have to take 6 classes at FHHS during the semester that you have no Running Start classes.

How does transcripting work?

Your SVC grades will be added to your FHHS transcript after each quarter ends. The courses you take at SVC are part of your college transcript, meaning they will follow you to whatever college you attend after graduation. If you do well at SVC, this is not a problem. You will start college with a good GPA. If you do poorly at SVC, you will start college with a poor GPA.

Can I use my 504 or IEP with Running Start?

Usually, no. 504s and IEPs do not exist at college. SVC does have an Office for Disability Access, from whom you can request accommodations, but they are generally for physical disabilities and do not usually apply to the online class format.

How hard is it?

Running Start classes are similar in rigor to an Advanced Placement class. They are college level courses. Each class is 1 quarter long, which is about 12 weeks. You are earning the same amount of credit & learning the same amount of material in 12 weeks that would usually take a year to earn at FHHS.

What are the big differences between taking SVC classes vs. FHHS classes?

All SVC classes are online (unless you commute to Mount Vernon). This means you do not get to know your teachers or talk to them when you have questions like you can at FHHS. You can email them, but it's not as easy to connect. At FHHS, teachers are pretty flexible and will give you more time or accept late work. This is not the case in college. If you turn something in late, you will receive a 0 grade. If you are someone who struggles to turn things in on time, Running Start may not be a good fit (and remember your Running Start grades follow you to college).

Is SVC the only option for Running Start classes?

No, you can do Running Start through other participating colleges in WA State. Most students do it through SVC because there is a satellite campus on SJI with SVC staff members available to help you, but you can go through another college if you prefer.

Questions? Contact:

FHHS School Counselor - Hailey Henderson-Paul - haileyhendersonpaul@sjisd.org