Running Start High School Course Equivalencies
Lake Washington School District 2026-2027

	Bellevue College www.bellevuecollege.edu 425.564.2026	Cascadia College www.cascadia.edu 425.352.8146	CWU-Sammamish cwu_sammamish@cwu.edu 425.392.2110	Lake WA Institute of Technology www.lwtech.edu 425.739.8100 ext.435
ENGLISH	ENGL& 101 and above	ENGL& 101 and above	ENGL& 101 and above	ENGL& 101 and above
US HISTORY	HIST& 146, 147, 148	HIST& 146, 147, 148, 150	HIST 143, 144	HIST& 147, 148
CIVICS	POLS& 202	POLS& 202	POSC& 210	POLS& 202
CONTEMPORARY WORLD PROBLEMS	GEOG 102, 105, 123 HIST 103, 120 POLS 175, 203, 206	GS 101, 150, 220 HIST 262 POLS 203	POSC 270	Not Available
SOCIAL STUDIES ELECTIVES	Anthropology 100-215 Cultural Ethnic Studies 100-299 Geography 100-258 History 101-120, 150-280 International Studies 105-227 Philosophy 101-265 Political Science 101-250 Psychology 100-260 Sociology 101-278	American Indian & Indigenous Studies 102, 103 Anthropology 100-207 Geography 120,250 Global Studies 101-220 History 126-268 Humanities 107-150 Philosophy 101-260 Political Science 101-455 Psychology 100-251 Sociology 101-440	Anthropology 110 Geography 101 History 100 and above Political Science 270 Psychology 101, 205, 242 Sociology 107 Women/Gender Studies 201	History 100 and above Psychology 100, 200, 220 Sociology 101
WA STATE HISTORY	HIST& 214	HIST& 214	HIST& 301	Not Available
HEALTH	HLTH 250, NUTR 101	NUTR& 101	HED 101, NUTR 101	NUTR& 101
PHYSICAL EDUCATION	Any PE course	Not Available	PEF 201	Not Available
FINE ARTS, MATH, SCIENCE. WORLD LANGUAGE and ELECTIVES	Any Fine Arts course level 100 or greater. Any Math course above 107 (for placement into Math&107 or lower, consult your counselor). Any Science course level 100 or greater (2.0 lab courses, 1.0 elective). Any World Language course level 100 or greater. Any Elective course level 100 or greater. Select coursework that supports your post high school plan.			
CAREER & TECHNICAL EDUCATION	**Examples include but are not limited to:** Accounting, Allied Health, Business/Business Tech, Computer Science, Criminal Justice, Cyber Security, Data Analytics, Digital Marketing, Digital Media Arts, Early Childhood Ed, Economics, Education, Engineering, Information Technology, Interior Design, Marketing Management, All Health Tech courses, Software Development, and STEM.			

NOTES:

- Not every course is offered each quarter, and not all courses are available on every campus
- Cover graduation requirements first to ensure you do not miss a required course for graduation.
- Courses numbered 099 or below are not considered part of RS and will not be funded or counted as college credit. However, if you elect to self-pay for such a course, it may still count for high school credit.
- Consult with your HS counselor when choosing courses to meet graduation requirements.
- To earn a HS diploma from LWSD, you are required to take these specific courses to meet state and district requirements.
- CTE courses may support a Graduation Pathway. Consult your HS counselor for more information.

College Credit to High School Credit Conversion

College Credit	HS Credit Applied to Transcript
6	1.2
5	1.0
4	.8
3	.6
2	.4
1	.2

Running Start High School Course Equivalencies
Lake Washington School District 2025-2026

	Edmonds College www.edcc.edu 425.640.1761	Seattle Community Colleges www.seattlecolleges.com 206.587.3836	Shoreline Community College www.shoreline.edu 206.546.4591
ENGLISH	**ENGL& 101 and above**	**ENGL& 101 and above**	**ENGL& 101 and above**
US HISTORY	**HIST& 146, 147, 148**	**HIST& 136, 137, 146, 147, 148**	**HIST& 136, 137, 146, 147, 148, 220**
CIVICS	**POLS& 202**	**POLS& 202**	**POLS& 202**
CONTEMPORARY WORLD PROBLEMS	**INSTD 101, 201 POLS 203**	**HIST 128 POLS 203**	**INST 123 POLS 203**
SOCIAL STUDIES ELECTIVES	**Anthropology 100, 206, 210 Geography 100, 207 History 104-248 International Studies 200-202 Philosophy 101-120 Political Science 101-204 Psychology 100-220 Sociology 101-220 Women's Studies 200, 220**	**American Ethnic Studies 106-215 Anthropology 100-215 Geography 100-277 History 126-281 Humanities 112, 201 Philosophy 101-110 Political Science 101-203 Psychology 100-220, 240-260 Sociology 101-271 Gender & Women Studies 200-257**	**American Ethnic Studies 101-284 Anthropology 100-207 Gender & Women Studies 205-288 Geography 100 History 116-118, 215-220 Humanities 105-140 Multicultural Studies 105-250 Philosophy 101-120 Political Science 101-203 Psychology 100-220 Sociology 101, 201**
WA STATE HISTORY	**HIST& 214**	**HIST& 214**	**HIST& 214**
HEALTH	**HLTH 100, 150, NUTR 101**	**HEA 125, 160**	**NUTR& 101**
PHYSICAL EDUCATION	**Any PE course**	**Any PE course**	**Any PE course**
FINE ARTS, MATH, SCIENCE, WORLD LANGUAGE and ELECTIVES	Any Fine Arts course level 100 or greater. Any Math course above 107 (for placement into Math&107 or lower, consult your counselor). Any Science course level 100 or greater (2.0 lab courses, 1.0 elective). Any World Language course level 100 or greater. Any Elective course level 100 or greater. Select coursework that supports your post high school plan.		
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