

A composite image with a purple and pink background. On the left is a stack of papers, and on the right is a clock face.

Running Start Orientation

A composite image with a green and yellow background. On the left is a stack of papers, and on the right is a clock face.

Spring 2020

What is Running Start?

- A dual credit partnership between High Schools and Community Colleges
- Paid for by the State Legislature
- Allows 11th and 12th graders to earn up to 15 College credits per quarter (pays for tuition only)





You can enroll in...

- 15 College credits maximum

OR

- less college credits/classes when also enrolled in JHS &/or EPS OnlineHS classes
- 
- 

What's the cost?

■ State Legislature pays course tuition

■ You pay:

- Fee for placement test
- Per credit fee (varies with each school)
- Lab fees
- Books
- Transportation costs
- Parking permits
- Meals
- Any additional class fees, if applicable, depending on the class



Allocation this year

Running Start Funding Limit Table

Enrolled high School		Available College	
# of classes	FTE	Max Allowed FTE	Max Credits
1	0.18	1.02	15
2	0.36	0.84	12
3	0.54	0.66	10
4	0.72	0.48	7
5	0.90	0.30	4
6	1.00	0.20	3

High School Only Student		Maximum Tuition Free College Credits	High School and Skills Center Student				Maximum Tuition Free College Credits	Skills Center Only*	Maximum Tuition Free College Credits
# of classes	HS FTE		# of HS classes	HS FTE	Skills Center*	Combined FTE			
1	0.18	15	1	0.18		0.72			
2	0.36	12	2	0.36		0.90			
3	0.54	10	3	0.54	0.54	1.08			
4	0.72	7	4	0.72		1.26	0.54	10	
5	0.90	4	5	0.90		1.44			
6	1.00	3	6	1.00		1.54			

*Sno-Isle Skills Center always claims an FTE of .54

Running Start Student Qualities



- Entering 11th or 12th grade
- Be responsible
- Highly motivated
- Mature
- Organized
- Focused
- **Committed to starting a college transcript with no lower than A/B grades** (*per 4 yr colleges*)





Are College courses hard?

- They ARE challenging.
 - *Remember that you will be working with College age students!*
- Courses are faster paced and require more outside study
- Expect about 2 hrs of homework for each hour of instruction
 - *For example, a full time student (15 college credits) would expect about 45 hours per week of studying & attending classes*

Where can I attend?

- Any Washington State Community College



- The closest colleges are:
 - Everett Community College
 - Edmonds Community College
 - Cascadia College
 - Shoreline Community College
 - Bellevue College
 - Lake WA Institute of Technology



What classes can I take?

- Funds will ONLY cover courses that are 100 level or above
- Courses that meet your JHS graduation requirements and courses leading to future career goals and/or 2- year Associate degree
- 👉 **Meet with R/S advisor for planning of transfer degree**

Semesters vs. Quarters:

- JHS

Fall Semester	Spring Semester
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- Community College

Fall Quarter	Winter Quarter	Spring Quarter
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Here's the difference in credits between CC's and JHS...

■ Community College = 5.0

Vs.

■ JHS = 1.0



A 5.0 credit CC class
is equal to
1.0 JHS credit



How do I choose classes?

- The **Running Start Advisor at the CC** will help you plan your college courses, complete registration, and build your schedule
- **Your JHS Counselor** will answer general questions about what college courses are needed to meet JHS grad. requirements

Everett Public Schools Meeting Graduation Requirements through Running Start for Classes of 2019-2022

High School Courses | Edwards CC Courses | Everett CC Courses | Camanah College Courses | Shoreline CC Courses | Bellevue College Courses

NOTE: All Running Start students are required to complete the High School and Beyond Plan survey in Naviance (May/June of senior year). See your high school counselor for details.

English	Math	Science**	Health	History	Government	PEI	
9th Grade 10 th Grade 11 th Grade 12 th Grade	Algebra 1* Geometry* Algebra 2* Pre-Calculus Calculus	Math 077 Not offered Math 087 Math 141 + 142 Math 151	Math 091 Math 095 Math 090 or Math 091 + 092 Math 141 + 142 Math 151	Math 075 Not offered Math 095 Math 141 + 142 Math 151	Math 070 Not offered Math 098/ Math 099 Math 141 + 142 Math 151	Math 097 Math 099 Math 141 + 142 Math 151	
* For all English courses work at the 100 level or above. For quarter hours or three semester hours shall equal 1.0 high school credit. * English 101 is required of all Running Start students. English 101 and English 102 will fulfill 11 th and 12 th grade English production requirement. Additional English courses may be taken to make up for past English credit deficiencies.	** At least 1.0 High School credit must be lab science, and 2.0 credits total are required for graduation. Lab Science courses taken for science requirement must be at least 1.0 college credits. Most Colleges/Universities require a minimum of 2 lab science for entrance.	*** A High School Level class - will not count for college credit, will not be covered by Running Start tuition, and will earn only a maximum of 0.5 Math credit at high school. At least 1.0 High School credit of math are required for graduation. The Calculus class listed equals only one quarter of the college Calculus course.	Health 100 or Nutrition 101	PEH/N 203 or Nutrition 101	Nutrition 101	Nutrition 101 or 188	Nutrition 101
World History C	History 118 (Required), 117 History 140, 147, 148	History 112 (Renew/refresh), 111 History 146, 147, 148	History 128 (Required), 129, 127 History 146, 147, 148, 150	History 118 (Required), 117 History 137, 146, 147, 148	History 101, 102, 103 History 146, 147, 148	History 146, 147, 148	History 146, 147, 148
US History*	Political Sci 202 Washington State History 214	Political Sci 202 History 214	Political Sci 202 History 214	Political Science 202 History 214	Political Science 202 History 214	Political Science 202 History 214	History 214
* US History - Students need to complete ONE course only to fulfill the US History requirement.	** Any activity-based PEI course.	** Any activity-based PEI course (excluding PEI 201, 216, Varsity Sports).	No courses offered.	Any PEI course (excluding PEI 188, 280)	Any activity-based PEI course.	Any activity-based PEI course.	Any activity-based PEI course.

© 2018 CC Credit Chart Page 1 (Revised 1/1/2018)



STEP 1: Which College?

- Make a decision on which Community College to attend through Running Start Program:
 - Go to website and take a “virtual” tour and review the current year course schedule & catalog
 - Visit the campus in person to determine distance, commute time, and fit

STEP 2: APPLY

- **Complete the Community College application online**
 - *College major... indicate 'Running Start'*
- ***Applications open in March*** for the following school year
- **Meet application deadlines** (varies between colleges, check deadlines on college website)
- Complete the Running Start checklist for whatever college you decide to apply






STEP 3: Eligibility

- Placement requirement to determine eligibility:
 - Obtain SBA scores (score of 3 or above meets placement)
 - Use your PSAT scores if the College uses those scores for placement
 - No SBA or PSAT scores? Obtain transcript to determine grade criteria
- If none of the above, contact testing center at the Community College to take placement exam



Where to Obtain SBA or PSAT Scores

- **For SBA scores** check in with:



Mrs. Soma, Testing Success Coordinator, room

rsoma@everettsd.org




Call: 425-385-7037

Text: 425-224-7267



- **For PSAT Scores**



www.collegeboard.org PSAT scores to access & obtain your scores



Applications for Fall Quarter of Next School Year

- Check each College Website for their Application Dates and Orientations
- All colleges require you to complete an online or in-person Orientation before registering for classes
- It is **your** responsibility to access this information - R/S implies you are more independent



JHS Requirements to become a Running Start Student

1. Complete your chosen **Community College Application** online
2. Submit **SBA exam, transcript, or PSAT** results to the Community College to determine Running Start eligibility
3. Bring in to your JHS Counselor:
 - CC Student ID# (*confirmation of enrollment*)
 - **JHS Running Start Signature Page** (pink form)
 - After acceptance into RS, the **Enrollment Verification Form must be completed each quarter** (classes you are enrolling at the college)

Running Start Program

Signature Page

"I have read the "Running Start Program" information which I received, and I have discussed the program with my parent/guardian and my counselor at H. M. Jackson High School. I understand what is required of me and will complete all required steps with my counselor to take appropriate classes at the community college I have chosen to attend."

Student Name *(please print)*

Student ID #

E-Mail Address

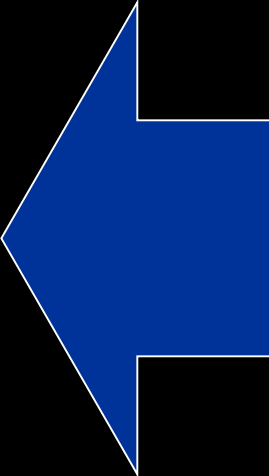
Daytime Phone

Student Signature

Date

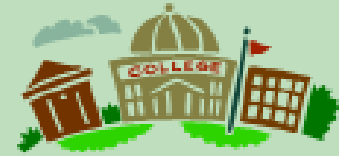
Parent Signature

Date



Turn in this paper to your counselor ~ so that she/he knows how to get in touch with you.

Running Start Planning Form



Community College Schedule

Fall Quarter (Sept. - Mid Dec.)

Winter Quarter (Jan. - Mid March)

Spring Quarter (April - Mid June)

Total R.S. Credits - _____

High School Schedule

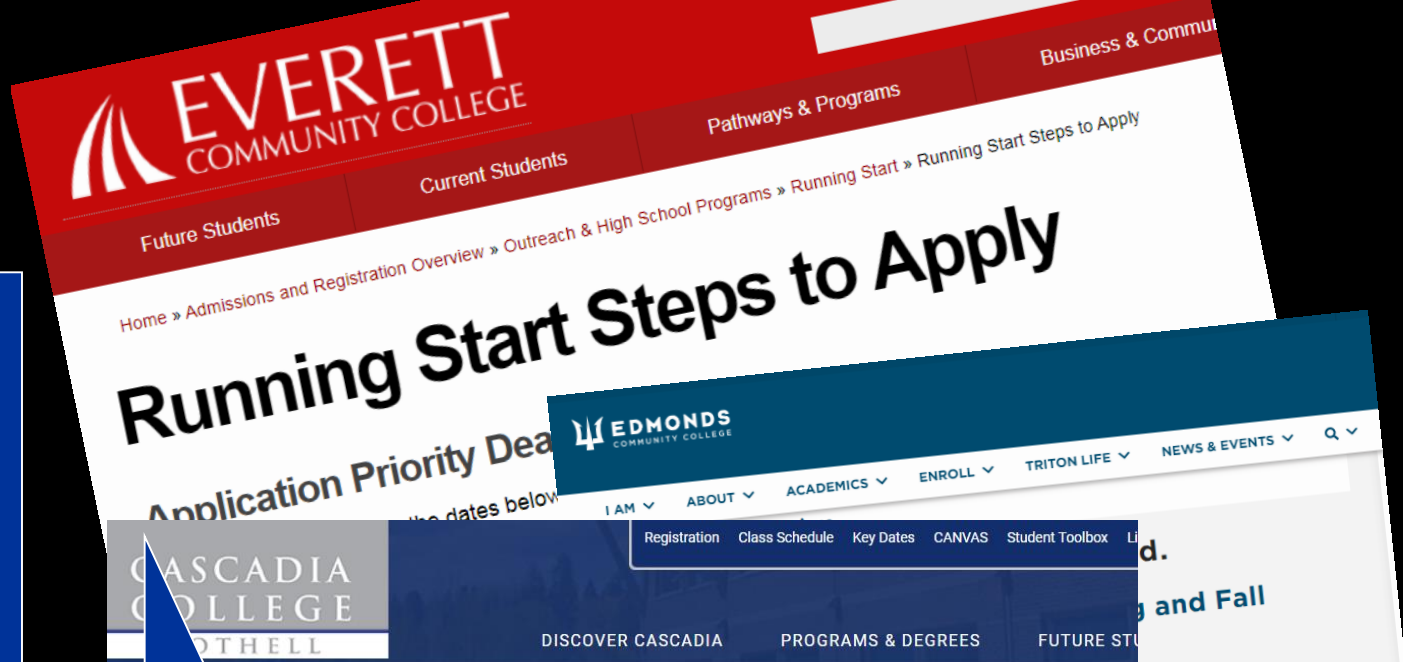
Fall Semester (September - Mid December)

Spring Semester (January - Mid June)

Give a copy of this sheet to your JHS Counselor so that he/she knows what your plan is, and so that he/she can schedule Running Start into your JHS schedule at the correct time!

Total High School Credits= _____

Each Community College has its own online Running Start Application



EVERETT COMMUNITY COLLEGE

Future Students | Current Students | Pathways & Programs | Business & Commu

Home » Admissions and Registration Overview » Outreach & High School Programs » Running Start » Running Start Steps to Apply

Running Start Steps to Apply

Application Priority Deadlines and dates below

EDMONDS COMMUNITY COLLEGE


I AM » ABOUT » ACADEMICS » ENROLL » TRITON LIFE » NEWS & EVENTS »

Registration | Class Schedule | Key Dates | CANVAS | Student Toolbox |

DISCOVER CASCADIA | PROGRAMS & DEGREES | FUTURE STUDENTS

Running Start

Home » Advising and Counseling » Running Start



RUNNING START

... can help you complete the steps. | Enroll" page.

... is completely online. Find out more

All in-person Information Sessions for March and April are cancelled. We are working to offer the info sessions in an online format. If you would like to receive an email update when it is available, please fill out [this form](#).

The deadline for Fall Quarter is 6/25/20.

For students taking classes at both JHS & Community College

- Check class times to make sure your JHS and Running Start classes don't overlap!!

You aren't allowed to miss JHS classes if you don't build in enough travel time

- Make sure you have plenty of time to drive to the Community College after your JHS class/es



This is Cascadia's searchable schedule of classes. You can search by subject, online classes, days of the week, time of day or instructor. You also looking for English classes offered on Tuesdays and Thursdays, select English from the subject dropdown menu and make sure the boxes next to days of the week.

For information regarding open seats in a class click on the item number of the class. A separate window will open in your browser.

Shaded Items = Classes on weekends, evenings, and early mornings

Quarter: Spring 2020 ▾

Subject: English ▾ Search for Classes

Course Designation: All designations ▾

Instructor: All Instructors ▾

In Person: Show Hide

Hybrid: Show Hide

Online: Show Hide

Show/hide date and time options

Register Here

Register now:

English

Each Community College has a class schedule online. Search these sites to see what classes you'd like to take and the approximate times each course is offered.

Everett Public Schools Meeting Graduation Requirements through Running Start for Classes of 2019-2022

High School Course	Edmonds CC Course	Everett CC Course	Cascadia College Course	Shoreline CC Course	Bellevue College Course
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NOTE: All Running Start students are required to complete the High School and Beyond Plan survey in Naviance (May/June of senior year). See your high school counselor for details.

English

9 th Grade	<ul style="list-style-type: none"> ➤ For all English course work at the 100 level or above, five quarter hours or three semester hours shall equal 1.0 high school credit. ➤ English 101 is required of all Running Start students. Additional English courses may be taken.
10 th Grade	
11 th Grade	
12 th Grade	

Use this form to figure out what classes equal what types of credit!

Math

<i>Algebra 1*</i>	Math 077	Math 091			
<i>Geometry*</i>	Not offered	Math 095	Not offered	Not offered	
<i>Algebra 2*</i>	Math 087	Math 099(or Math 091 + 092)	Math 095	Math 098/Math 099	Math 099
Pre-Calculus	Math 141 + 142	Math 141 + 142	Math 141 + 142	Math 141 + 142	Math 141 + 142
Calculus	Math 151	Math 151	Math 151	Math 151	Math 151

* Is a High School Level class – Will not count for college credit, will not be covered by Running Start tuition, and will earn only a maximum of 0.5 Math credit at high school. At least 3.0 High School credits of Math are required for graduation. The Calculus class listed equals only one quarter of the college Calculus series.

Science**

** At least 1.0 High School credit must be lab science, and 2.0 credits total are required for graduation. Lab Science courses taken for science requirement must be at least 5.0 college credits. Most Colleges/Universities require a minimum of 2.0 lab sciences for entrance.

Health	Health 100 or Nutrition 101	PEHW 203 or Nutrition 101	Nutrition 101	Nutrition 101 or 188	Nutrition 101
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History

World History☼	History 118 (Required) , 117	History 112 (Required) , 111	History 128 (Required) , 126, 127	History 118 (Required) , 117	History 101, 102, 103
US History♦	History 146, 147, 148	History 146, 147, 148	History 146, 147, 148, 150	History 137,146, 147, 148	History 146, 147, 148
Government	Political Sci 202	Political Sci 202	Political Sci 202	Political Science 202	Political Science 202
Washington State	History 214	History 214	History 214	History 214	History 214

☼ World History: Students need to complete ONE course only to fulfill the World History requirement.

♦ US History: Students need to complete ONE course only to fulfill the US History requirement.

PE§	Any activity-based PE course.	Any activity-based PE course (excluding PE 201, 235, Varsity Sports)	No courses offered.	Any PE course (excluding PE 188, 280)	Any activity-based PE course.
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■ Senior Quantitative Requirement:

- Check with your JHS counselor, NOT the College, about what Running Start Classes meet the Senior Quantitative Graduation Requirement

English Info



- College English 101 MUST be completed to earn Junior English graduation requirement
- College English 101 & 102 must be completed to meet both Junior and Senior English graduation requirement
- English 101 is required if only doing R/S Senior year



History/Social Studies Info

- **World History:** Must take one course to meet the 1.0 WH High School requirement.
- **US History:** Must take one course to meet the 1.0 U.S. High School requirement.
- **Government:** Must take the equivalent course to meet 0.5 Government requirement
The 5.0 College credit course will be split into 0.5 Gov't credit & 0.5 Social Studies Elective credit



College & Career Readiness Seminar CCRS:

- Changes can vary at the Community Colleges as to what meets CCRS:
 - JOBDV 130 College and Career Success or STEM 101: at **Edmonds CC**
 - College 101: College Success at **Everett CC**
 - College 101: College Strategies at **Cascadia**
 - No equiv. course offered at **Shoreline CC**



STEP #3 : MEET WITH YOUR HIGH SCHOOL COUNSELOR

Running Start Enrollment Verification Form

Student Information:
 Student Name: _____
 Home Phone: _____ Cell Phone: _____
 Email Address: _____ SSID#: _____
 Responsible Parent/Guardian: _____
 College: _____

Check if this is a revision
 New Student
 Returning Student
 Student Enrolled in Multiple Colleges
 Spring Quarter Eligibility Adjustment Form (SQEAF) attached

Running Start Funding Limit Table

Enrolled High School	Tuition-Free College Credit			
	Weekly Minutes*	FTE	Max FTE	Max Credits
0-307	0.00-0.20	1.00	15	
308-412	0.21-0.27	0.93	14	
413-502	0.28-0.33	0.87	13	
503-607	0.34-0.40	0.80	12	
608-712	0.41-0.47	0.73	11	
713-802	0.48-0.53	0.67	10	
803-907	0.54-0.60	0.60	10**	
908-1,012	0.61-0.67	0.53	8	
1,013-1,102	0.68-0.73	0.47	7	
1,103-1,207	0.74-0.80	0.40	6	
1,208-1,311	0.81-0.87	0.33	5	
1,312-1,402	0.88-0.93	0.27	4	
1,403 or more***	0.94 or more***	0.20	3	

Recommended Running Start Classes:

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

Signatures:
 Signature of High School Counselor _____ Date _____
 Signature of College Running Start Advisor _____ Date _____
 High School Counselor Printed Name _____ Phone Number _____
 College Running Start Advisor Printed Name _____ Phone Number _____

Student & Parent/Guardian:
 I understand that:
 • The student is responsible for understanding when his or her choice of schedule will result in tuition charges. If the student enrolls for more high school and college credits than are identified in the Running Start State 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).
 • The student is required to pay any class/lab fees charged for college classes.
 • Enrollment in specific college classes cannot be guaranteed – even if the classes are needed to fulfill district high school graduation requirements.
 • If the student begins Running Start in winter or spring term, eligibility for the previous term(s) that year is forfeited.
 • 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 credits will transfer.
 • The student gives permission for college staff to release his/her grades to the high school and to discuss various aspects of his/her program participation with the high school/district officials.
 I acknowledge that I have read, understand, 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) _____ Date _____

THIS IS AN EXAMPLE OF THE ENROLLMENT VERIFICATION FORM

A NEW UPDATED FORM FOR THE 2018 – 2019 ACADEMIC YEAR WILL BE AVAILABLE MID – MARCH.

CHECK THE RUNNING START WEBSITE IN MARCH FOR THE PROPER FORM.

(Go to edcc.edu/runningstart. On the right side of the page click "Resource Library," Under "Forms" look for the "Enrollment Verification Form 2018 – 2019).

Once you meet placement eligibility for Running Start, choose your courses (JHS requirements & College pathway) and fill out the RS Enrollment Verification form (ALSO available electronically)

Send your form electronically or make an appointment with your JHS Counselor to complete their portion of the RS Enrollment Verification form.

* All Community Colleges use the same form.

Counseling webpage links



Henry M. Jackson High School



CONTACT



EMPLOYMENT



LUNCH MENU



GRADES & MORE

OUR SCHOOL

OUR STAFF

PARENTS

STUDENTS

COUNSELING

LIBRARY



COUNSELING

- ★ Welcome
- ★ 2020-21 Registration Kick-Off
- ★ Calendar of Events
- ★ 8th Grade Family Night March 17, 2020
- ★ PE Waiver Form
- ★ Running Start
- ★ Transcripts
- ✚ Registration, Credits & Course Planning
- ✚ Graduation Requirements
- ★ HS & Beyond Family Night - Oct. 10, 2019
- ★ High School Diploma Options
- ✚ Academic Support
- ✚ College & Career

[Click here to watch the Running Start Info Video \(Spring 2020\)](#)

Upcoming Running Start Info Meeting:
~~March 12, 2020: JHS Library from 2:10 – 3 PM- CANCELED~~

Running Start

Running Start is a partnership between high schools and community colleges in Washington State, and is funded by the state legislature. This program provides high school juniors and seniors with the opportunity to take college-level courses tuition-free.

Are you a current Running Start Student?

Complete & email your quarterly EVF to your counselor: [RS Enrollment Verification Form 2019-20\(RSEVF\)](#)

*It is *your* responsibility to plan ahead to get signatures from your counselor, be aware of the college deadlines, JHS school hours and holidays, summer closures, LIF or late start schedules.

You can email your counselor or call the secretary for an appointment if needed at 425-385-7010.

[New Running Start Students:](#)



Important information:

- All courses taken are placed on your permanent High School **and** College transcripts *(even if you fail or withdraw)*
 - *Advice: Do not enroll in Running Start if you are not committed to earning B grades or above on a college transcript*
- While at college, you are subject to ALL college policies & procedures
- If your college GPA drops below a 2.0 you will be placed on academic probation.
- Not all colleges/universities accept Running Start credits for transfer!! *(check with the colleges in which you are interested!)*



Some Strengths

As noted on the EdCC Running Start Webpage

- **Class choice** - Students have an increased opportunity to take courses that may not be offered at JHS, including advanced level courses, and vocational/technical courses.
- **Early start**- This experience can be helpful in making the transition from High School to College, and in making future educational plans.
- **Students of all ages**
- **Educational setting**- Students who find that High School is not meeting all their needs may benefit from a different educational setting.
- **Tuition heavily discounted**
- **Participation in High School activities**- Students may continue to participate in H.S. activities



Some Possible Concerns

As noted on the EdCC Running Start Webpage

- **Maturity level/ Socialization-** Some students find the independence and speed of College classes overwhelming.
- **Transportation**
- **Student expenses**
- **Conflicts with High School activities**
- **Schedule-** The College and the High School have different schedules. Students will be expected to attend classes even though College classes may conflict with High School vacations and/or activities. Students are not guaranteed enrollment in any class, even if the class is required for High School graduation.
- **Graduation requirements-** The High School is the final authority on what is required for graduation



General Application Timelines



Fall Qtr

Mid-March – June

Winter Qtr

November



Spring Qtr

February



It is your responsibility to check each College website for specific Running Start Application deadlines



Questions??

Thank you for attending!

