

# Running Start Course Plan Worksheet

## Step 1: Figure out what you need for graduation

1. Complete the Grad Checklist using your Historical Grades via The Source to understand what you still need for graduation.
2. Make a list of what classes you still need to complete.

**Note:** One 5 credit class at the college is equal to 1.0 credit class at West Seattle (ex: English 101 = the entire year of American Lit)

Classes at WSHS	Max Free College Credits
0-1	15
2	12
3	10
4	6
5 or more	3

## Step 2: Use this chart to find out what classes at South earn which credit at West Seattle

Credit Type	WSHS Courses	HS Credit	=	Running Start College Courses	College Credit
Language Arts	American Lit Comp 11A	0.5	=	ENG 101	5.0
Language Arts	American Lit Comp 11B	0.5	=	ENG 101	5.0
Language Arts	Compar Lit 12A	0.5	=	ENG 101 or above	5.0
Language Arts	Compar Lit 12B	0.5	=	ENG 101 or above	5.0
Social Studies	WA State History	0.0	=	HIST 214	5.0
Social Studies	World History 1, 2, or 3	0.5 each	=	HIST 108, 126, 127, 128	5.0
Social Studies	US History 11A	0.5	=	HIST 146, 147	5.0
Social Studies	US History 11B	0.5	=	HIST 147, 148	5.0
Social Studies	American Government	0.5	=	POLS 202	5.0
Math	Algebra 2A+	0.5	=	Any MATH course above MATH 100; BUS 116	5.0
Math	Algebra 2B+	0.5	=		
Science	Science/Science Lab	1.0	=	Any Science course above 100 level Astronomy; Biology; Chemistry; Environmental Science; Geology; Physics	5.0
Career & Technical Education	Technical Edu, Home Economics	1.0	=	Accounting 100+; Business 100+; Communication 100+; Computer Science 100+; Psychology 100+	5.0
Fine Arts	Fine Art or Music	1.0	=	ART 100+; MUSIC 100+; DANCE 100+	5.0
Health	Health Education	1.0	=	PSYC 230; HEA 125; HEA 150	5.0
Physical Education	PE	0.4	=	PEC 100+	2.0
Physical Education	PE	0.6	=	PEC 100+	3.0
General Electives	Electives	1.0	=	World Language and any other 100-level courses	5.0

### Step 3: Create a plan for classes you'll need to take

1. Determine if you are attempting a part-time or full-time schedule
  - o Full-Time means: three college classes and one high school class
  - o Part-Time means:
    - two college classes and two high school classes  
OR
    - one college class and three high school classes
2. Draft a schedule at WSHS and at the College below

#### 11th Grade Year - Courses at the college

Fall Quarter	Winter Quarter	Spring Quarter

#### 11th Grade Year - Courses at West Seattle High School

Semester 1	Semester 2

#### 12th Grade Year - Courses at the college

Fall Quarter	Winter Quarter	Spring Quarter

#### 12th Grade Year - Courses at West Seattle High School

Semester 1	Semester 2

#### Alternatives - Courses at the college

Fall Quarter	Winter Quarter	Spring Quarter

#### Alternatives - Courses at West Seattle High School

Semester 1	Semester 2

### Step 4: Send this form to your Counselor

Once we have it, we'll send you a link to book an appointment for your EVF.