

Name: _____ Student ID Number: _____

Running Start Course Plan Worksheet

Step 1: Graduation Progress

1. Complete the Graduation Checklist worksheet to determine your remaining required credits.
2. Use your Grade History via The Source to see what high school credits you've earned so far.

Step 2: Course Equivalency between the local colleges and West Seattle High School

1. Use the chart below to find out what college course is equivalent to WSHS course.
2. Note that 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 11).

Credit Type	WSHS Courses	HS Credit	=	Running Start College Courses***	College Credit
Language Arts	American Lit Comp 11A American Lit Comp 11B	0.5 0.5	=	ENG 101	5.0
Language Arts	Compar Lit 12A Compar Lit 12B	0.5 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	=	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
Mathematics	Algebra 2 and above	1.0	=	Any MATH course above MATH 100; BUS 116	5.0
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, Business	1.0	=	Accounting 100+; Business 100+; Psychology 100+; Communication 100+; Computer Science 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

*Social Studies – Students earn 0.5 credit of the associated WSHS course, plus 0.5 social studies elective to total to 1.0 credit

**US History 11 – Students must complete two of the HIST series – HIST 146, HIST 147, or HIST 148

***Some courses may not be offered every quarter and/or at every Seattle college campus so be sure to check the course catalog available on the college's website

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

1. Determine if you are attempting a part-time or a full-time schedule
 - **Full-Time means:** three college classes per quarter and one high school class per semester
 - **Part-Time means:** One of these options:
 - i. Two college classes per quarter and two high school classes per semester
or
 - ii. One college class per quarter and three high school classes per semester
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 schedule (backup courses) - Courses at the college

Fall Quarter	Winter Quarter	Spring Quarter

Alternatives schedule (backup courses) - 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.