



Running Start Information Session

South Seattle College/West Seattle High School Presentation

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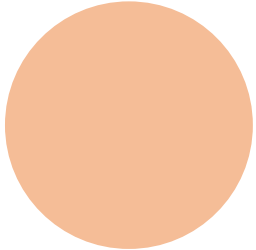
Topics covered in presentation:

- What is Running Start?
- Who can participate?
- What are the benefits?
- Issues to Consider
- What does it cost?
- How to get started
- Timeline and Planning
- Additional Resources
- Contact Information

Running Start Information Session



Topics Covered Today

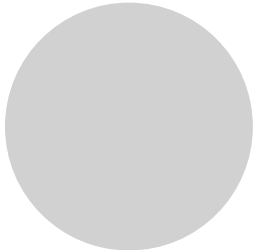


What is Running Start?

How to get started

Who can participate?

Timeline and Planning

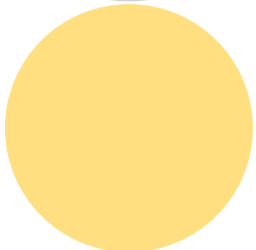


What are the benefits?

Additional Resources

Issues to Consider

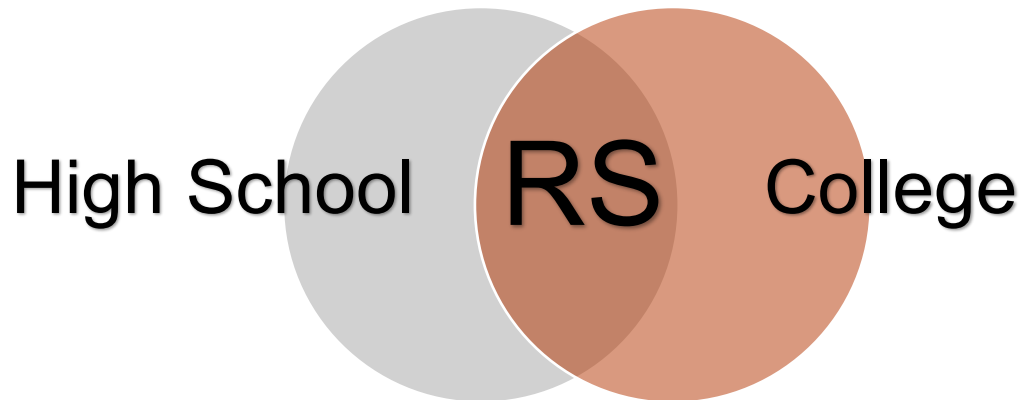
Contact Information



What does it cost?

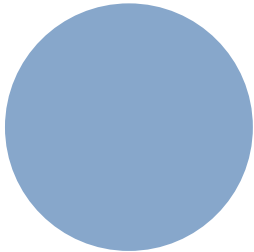
What is Running Start?

**Dual
Enrollment
Program
(like IB, AP)**

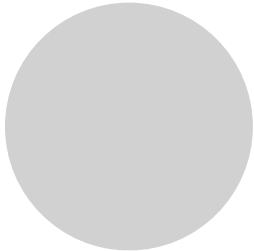


Complete High School graduation requirements while making progress toward a college level degree or certificate and can be transferred to another college or university.

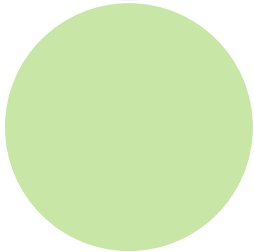
Who can participate?



Students with **Junior or Senior** standing (11th & 12th grade) in WA state **public high schools**.



Students are welcome & eligible regardless of residency or immigration status.



Students are free to attend any community college they choose.

Students must qualify for college level courses by taking the placement test, SAT, ACT or Smarter Balanced.

Running Start will only pay for college level courses.

Running start only covers courses taken during the high school academic year.

What are the benefits?

Academic
Social
Financial

- Gain college experience and demonstrate academic rigor on college applications.
- Earn up to two years of tuition-free college credit.
- Take courses not offered at high school.
- Take part in both HS and college activities (with the exception of intercollegiate athletics).

Sample Courses for University Transfer

American Ethnic Studies	Anthropology	Art	Astronomy	Biology
Chemistry	Communications	Computer Science	Economics	Environmental Science
History	Spanish	Political Science	Psychology	Sociology

Sample Professional/Technical Programs

Aviation
Maintenance

Automotive
Technology

Culinary

Diesel & Heavy
Equipment

Landscape
Horticulture

Welding

Wine
Studies
(18 or older)

Issues to Consider

A student may be academically qualified for Running Start, but may not be ready for college.



Running Start

One 5 credit class at SSC is equivalent to one year at the high school (1 high school credit).

College Course



High School Credit



Time Management

Students may find the independence and speed of college classes overwhelming

College classes typically demand about 2 hours of studying for each hour of time in class

College courses require a greater degree of independent study compared to high school courses

HS and College calendars differ



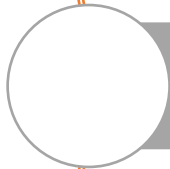
When taking classes at the high school and the college simultaneously, breaks between terms do not line up.

Students are expected to attend college classes even when the high school is on break.

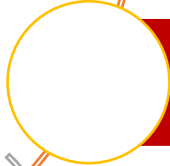
Other Issues to Consider



High School has final authority on high school graduation requirements



College classes designed for adult learners, class content will not be censored for younger students



Poor performance can jeopardize high school graduation and future college plans or scholarship opportunities



FERPA: Federal privacy law limits parents' or guardians' access to educational information about students



Access Support Services are available at the college for students with IEP or 504 status, but might look different than what is provided by the high school

What does it Cost?

Student and/or family is responsible for the cost of:

Placement test
fee

Textbooks &
Supplies

Registration &
Course Fees

Transportation

Tuition exceeding
allowed credit
limits*

*Running Start pays for a maximum of 15 credits. The amount of credit paid for depends on how many classes the student is taking at the high school.

Fee Waiver and Book Loan Program

**For Students
who qualify
for Free or
Reduced Price
Lunch at the
high school.**

- ALEKs Math placement test fee waived.
- All registration and course fees waived.
- Borrow books from Running Start Office at no charge.

**Must have fee waiver form signed by
high school counselor.**

How to get started

Apply

- Fill out online application and receive your ctcLink ID #

Placement

- Take the placement tests:
 - DSP English Assessment and place into English 101
 - ALEKs math Placement Test and place into college-level math

HS Counselor

- Have your high school counselor fill out the Enrollment Verification Form (EVF)

Register

- To meet with an advisor please return all completed paperwork to RunningStart.south@seattlecolleges.edu . An appointment to register will be set up then!

Prepare for Class

- Attend Running Start orientation and get books/course materials

Timeline and Planning

- Students can start any quarter (except Summer)
- **Registration for Fall begins mid May - late September**
- Students must have ENGL and/or MATH placement, meet with your HS counselor to fill out the EVF and complete the Running Start Contract before meeting with an advisor!
- Don't wait to register! Classes fill up fast!

Running Start office is open all summer



**Next Steps
@ WSHS**

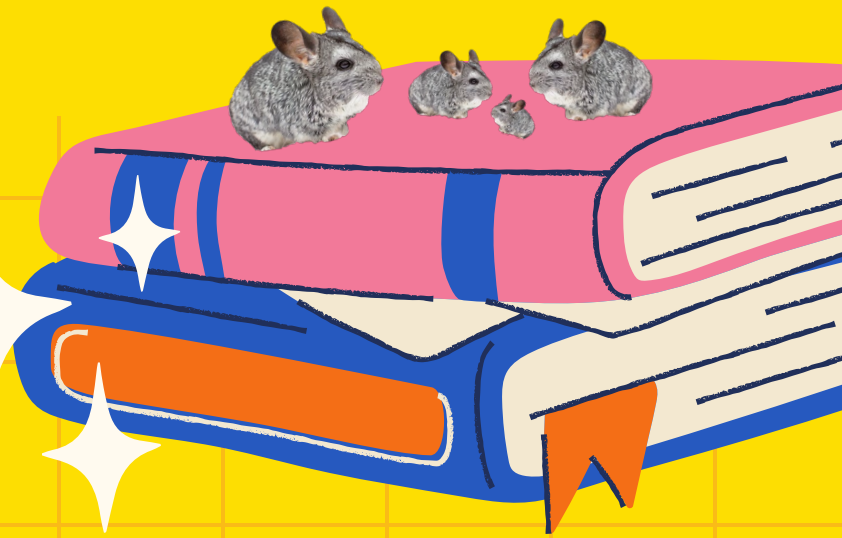


Think of Running Start as transferring to another school

1. We can't see your classes
2. We can't register you for classes
3. We can't see your grades until well after the term ends
4. If you have questions, you'll have to reach out to them directly



Enrollment Steps



West Seattle HS

1. Complete Graduation Checklist
2. Complete Course Planner
3. Sign WSHS RS Contract
4. Meet with Counselor at lunch

AND

South Seattle College

1. Apply online to college
2. Activate CTC Link account
3. Complete Placement Test
4. Submit EVF
5. Meet with RS advisor

Everything you need is on our WSHS Running Start website



<https://tinyurl.com/wshsrs>



Gentle reminder



This is primarily an independent process

You will need to navigate the steps primarily on your own, because you will be accessing a college program.

By signing up for Running Start you are saying you can take all these steps on, because it will be more challenging when you're on campus. You will need to get books, find classes, and reach out for support independently.



Running Start next steps



WHAT TO DO AT WSHS

- 01 Complete a Graduation Checklist
- 02 Complete a Course Work Planner
- 03 Complete the WSHS RS contract
- 04 Meet with your Counselor during lunch
 - Week of May 1st
 - Week of May 15th



Graduation Checklist

Step 1: understand what you need for graduation

Remember we did this in your Social Studies class in January

<https://tinyurl.com/yc7m64bc>



GRADUATION REQUIREMENTS CHECKLIST Class of 2021 and Beyond



Student Name: _____ Student ID #: _____

English – 4.0 Credits

<input type="checkbox"/> LA 9A	<input type="checkbox"/> LA 9B
<input type="checkbox"/> LA 10A	<input type="checkbox"/> LA 10B
<input type="checkbox"/> LA 11A	<input type="checkbox"/> LA 11B
<input type="checkbox"/> LA 12A	<input type="checkbox"/> LA 12B

Math – 3.0 Credits

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Fine Arts – 2.0 Credits*

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

*Can be revised with Personalized Pathway

Career & Tech Ed – 1.0 Credit

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

Social Studies – 3.0 Credits

<input type="checkbox"/> World Hist 1	<input type="checkbox"/> World Hist 2
<input type="checkbox"/> World Hist 3	
<input type="checkbox"/> US Hist 11A	<input type="checkbox"/> US Hist 11B
<input type="checkbox"/> American Gov	

Science – 3.0 Credits

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

World Language – 2.0 Credits*

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Health – 0.5 Credit & PE – 1.5 Credits

<input type="checkbox"/> Health	<input type="checkbox"/> PE
<input type="checkbox"/> PE	<input type="checkbox"/> PE

Required General Electives – 4.0 Credits

0.5 credit	0.5 credit	0.5 credit	0.5 credit
0.5 credit	0.5 credit	0.5 credit	0.5 credit

Extra Electives – if exceed beyond Required General Electives

Additional Requirements

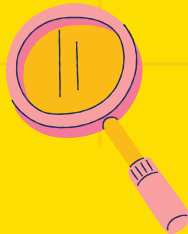
<input type="checkbox"/> Washington State History	_____ out of 24 Total Credits
<input type="checkbox"/> High School & Beyond Plan	_____ out of 60 Service-Learning Hours

State Required Assessments

Course Planner

Step 2: Plan out your classes for the full year

<https://tinyurl.com/RSPanner>



Running Start Course Plan Worksheet

Step 1: Figure out what you need for graduation

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

Note: One 5 credit class at South is equal to 1.0 classes 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 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 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+ Algebra 2B+	0.5 0.5	=	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	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

Course Planner

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Health	Health Education	1.0	=	PSYC 230; HEA 125; HEA 150	5.0
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Sample Course Planner



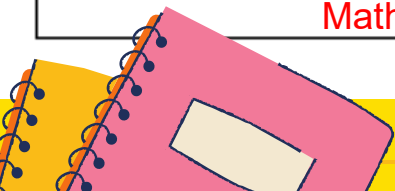
Courses at the College		
Fall Quarter	Winter Quarter	Spring Quarter
HIST 147	Geology 100	HIST 148
Psych 100	Spanish 100	Spanish 102
Courses at West Seattle High School		
Semester 1		Semester 2
English @ the HS		English @ the HS
Math @ the HS		Math @ the HS

Alternatives

Courses at the College		
Fall Quarter	Winter Quarter	Spring Quarter
HIST 146	HIST 147	POLS 202
CMST 100	ENVS 100	ART 210
Courses at West Seattle High School		
Semester 1		Semester 2
English @ the HS		English @ the HS
Math @ the HS		Math @ the HS

This grid tells you what class at the college counts for which class at the high school.

For ex: if you need to take an English class for your junior year, you can see that it's English 101 at the college.



Sample Completed EVF



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Running Start Enrollment Verification Form

Student

Student Name: _____
Last Name First Name MI

Home Phone: _____ Cell Phone: _____

Email Address: _____ SSID#: _____

Responsible Parent/Guardian: _____

College: _____ College SID #: _____

Check if this is a revision

New Student

Returning Student

Student Enrolled in Multiple Colleges

Spring Quarter Eligibility Adjustment Form (SQEAF) attached.

Free and Reduced-Price Lunch (FRPL) Status (required to be completed)
Students who are currently FRPL eligible (or anytime in the past five school years) may receive tuition and fee waivers from a college.
Is the student currently eligible for FRPL? Yes No HS Counselor Initials: _____
The parent or guardian signature below provides permission to share FRPL eligibility status only with the Running Start college for the purpose of ensuring access to tuition and/or fee waivers. Choosing not to sign the consent will not affect the student's eligibility for access to Running Start or free and reduced-price meals or free milk. The individuals and programs receiving the information will not share the information with any other entity or program.

Parent/Guardian Signature: _____ Date: _____

School Yr: _____ College Term: College Quarter College Semester

High School: _____ Fall, Winter, Spring Qtr. / 1st or 2nd sem.

District: _____ Grade Level: Jr Sr 5th Yr Sr^P

For the college term ^a above, the student will be enrolled in high school and skill center classes equalling _____ full-time equivalent (FTE). Student may register for a maximum of _____ college credits, without incurring college tuition costs, based on the above stated high school/skill center FTE.

Comments: _____

Running Start Funding Limit Table

Enrolled High School		Available College	
Weekly Minutes ^a	FTE	Max Allowed FTE	Max Credits
0 - 341	0.00 - 0.20	1.00	15
342 - 457	0.21 - 0.27	0.93	14
458 - 557	0.28 - 0.33	0.87	13
558 - 674	0.34 - 0.40	0.80	12
675 - 790	0.41 - 0.47	0.73	11
791 - 890	0.48 - 0.53	0.67	10
891 - 1,007	0.54 - 0.60	0.60	10 ^b
1,008 - 1,123	0.61 - 0.67	0.53	8
1,124 - 1,223	0.68 - 0.73	0.47	7
1,224 - 1,340	0.74 - 0.80	0.40	6
1,341 - 1,456	0.81 - 0.87	0.33	5
1,457 - 1,556	0.88 - 0.93	0.27	4
1,557 or more	0.94 - 1.00	0.20	3

High School Counselor & Running Start Advisor/Rsp

Recommended Running Start Classes:

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

Signature of High School Counselor _____ Date _____ Signature of Counselor _____

High School Counselor Printed Name _____ Phone Number _____ College _____

Parent/Guardian

I understand that:

- The student is responsible for understanding when their choice of schedule will result in tuition.
- The student is responsible for understanding when their choice of schedule will result in tuition when 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 Running Start State Funding Limit Table;
 - 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 the student's degree requirements.
- To add/withdraw from a course, the student must complete the college Add/Drop process by the college's deadline.
- The student is responsible for ensuring that college courses completed as part of the Running Start program are accepted by the student's home high school.
- If the student plans to transfer, it is the student's responsibility to determine college admissions policies.
- After completing the college coursework, students are responsible for requesting official college transcripts.

Complete an EVF every quarter! Make sure it's signed by your HS counselor, you, and your parent!

A typical Junior will need to take



i

1.0 credit English

ii

1.0 US History
(requires to take 2 courses)

iii

1.0 Math

iv

1.0 Science

v

Fine Art, CTE, or PE?



Qualities of a Running Start student

Email: Students
MUST check
their email

Resourceful:
you will need
to ask your
advisor at
south for help

Independent:
the district
took away the
funding for RS
so we can only
meet about it
during lunch

Organized: you
will need to
complete an
EVF EVERY
term. This is
on you to
remember

Running Start & WSHS

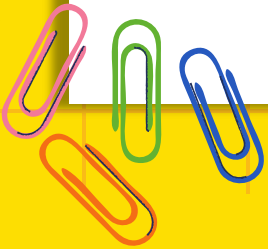
PART-TIME Sample schedule 1: 2 classes at the college (per quarter)
and 2 classes at WSHS



EXAMPLE

College	Fall	Winter	Spring
9-9:50	ENG 101	SPAN 102	PSYC 101
10-10:50	HIS 146	HIS 147	ART 101
WSHS	1 st Semester		2 nd Semester
5 th	Algebra 2A		Algebra 2B
6 th	Physics B		Chemistry B

8 credits earned per school year



Running Start & WSHS

FULL-TIME: 3 class at the college (per quarter) only

College	Fall	Winter	Spring
9-9:50	ENG 101	PHYS 101	SPAN 103
10-10:50	HIS 146	HIS 147	ART 101
11-11:50	MATH 146	CHEM 101	ANTH 130

EXAMPLE

- 9 credits earned per year
- Required to complete High School & Beyond Plan graduation requirements
- Can still participate as a WSHS student in sports, clubs, leadership
- Watch the school website for important dates that impact you: PSAT/SAT, SBAC testing, student assemblies, evening school events

All graduation requirements need to be completed **by the end of Winter quarter** of the graduation year – Spring quarter of 12th grade is a bonus to prepare for your future major!

Contract

Must be completed and signed by both you and your guardian **before** your EVF can be signed



Seattle Public Schools

Memorandum of Understanding between Students and Parents Pertaining to Enrollment in Running Start

We, the student and parent/guardian, understand the following conditions to be true if we choose Running Start as an educational opportunity.

Student Initials	Parent Initials	
_____	_____	1. We understand that in order for completed courses to be added to the Official SPS Transcript, West Seattle High School must receive official transcripts from the college. All graduation-required courses must be completed by the end of Winter Quarter of senior year. Summer courses are to be pre-approved and at the expense of the parent/guardian.
_____	_____	2. Full-time Running Start students are eligible for up to 15 college credits per quarter; Part-time student credits will be dependent upon the number of classes taken at West Seattle High School. Additional credit(s) taken have fees and are the responsibility of the parent/guardian.
_____	_____	3. We understand that if our student chooses to earn their diploma from Seattle Public Schools then the priority of classes taken through Running Start must meet Seattle Schools' graduation requirements.
_____	_____	4. We understand that students seeking a Seattle Public School diploma must meet all graduation requirements, including service-learning hours and meet proficiency requirements for state exams. Students will not be allowed to go through commencement exercises unless they have met all Seattle Public School graduation requirements at the time of Senior Check-Out.
_____	_____	5. We understand that students are responsible for staying updated on school-related activities (events, graduation timelines, etc.) by checking their provided emails regularly and the West Seattle High School and School Counseling websites
_____	_____	6. We understand that part-time Running Start students will be responsible for checking on any changes to their Seattle School bell schedule (assemblies, late start days, etc.) and that the public school is not required to change the students' schedule to accommodate courses at the community college. Student's may need to choose between courses at the high school or the college based on availability.

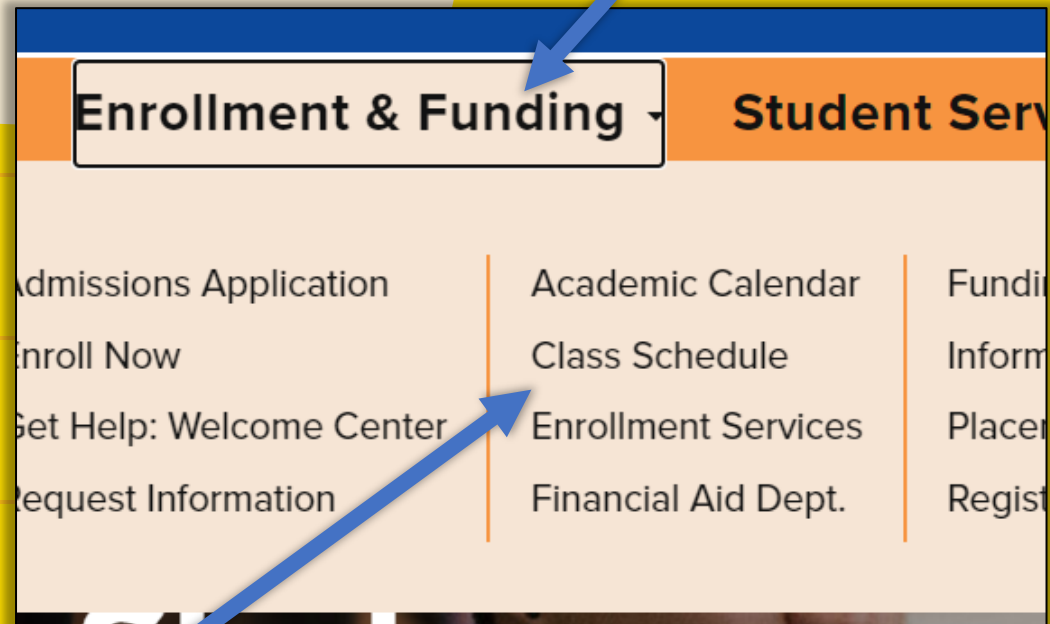
We agree to these statements and choose to participate in the Running Start program and will meet all state and local requirements.

_____	_____	_____
Print Student Name	Student Signature	Date
_____	_____	_____
Student Phone Number	Student Email	
_____	_____	_____
Print Parent Name	Parent Signature	Date
_____	_____	_____
Parent Phone Number	Parent Email	



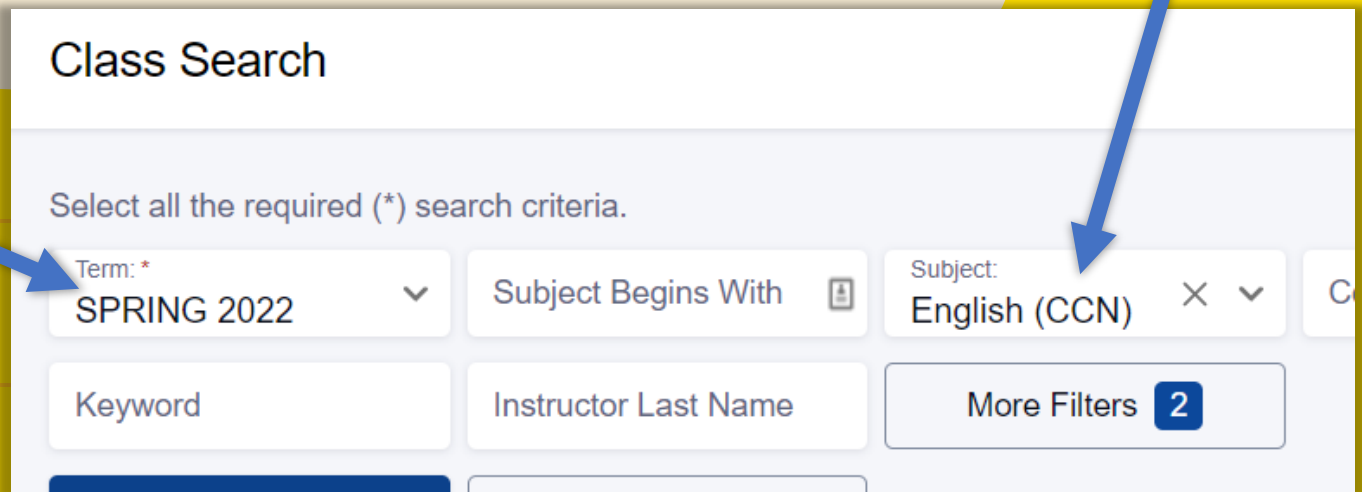
Finding classes at South

- ✓ Go to South's website
- ✓ Select Enrollment & Funding
- ✓ Class Search



Finding classes at South

- ✓ Fall classes aren't up yet, so use Spring 2023 as a guide to assume when classes will be held
- ✓ Change subject, make sure to choose the ones with CCN (they're the ones that transfer to colleges)



Class Search

Select all the required (*) search criteria.

Term: *
SPRING 2022

Subject Begins With

Subject:
English (CCN)

Keyword

Instructor Last Name

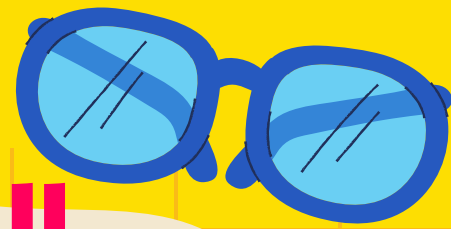
More Filters 2

The screenshot shows a search interface with several input fields. Two blue arrows point to the 'Term' field (set to 'SPRING 2022') and the 'Subject' field (set to 'English (CCN)').

Finding classes at South

- ✓ Find class times to make a map of what you will take
- ✓ Open shows how many seats remain

SECTION	SESSION	DAYS	START	END	ROOM	DATES	INSTRUCTOR	UNITS	OPEN/TOTAL	INSTRUCTION MODE
> 01-LEC (25724)	1	TuTh	8:15 am	9:45 am	SS-University...	04/04 - 06/17	Matthew Hitch...	5	16/25	Hybrid
> 76-LEC (25726)	1	-	-	-	No Schedule...	04/04 - 06/17	Nicole Peters	5	2/25	On-line
> 77-LEC (25730)	1	-	-	-	No Schedule...	04/04 - 06/17	Kelly Mcknight	5	8/25	On-line
> 78-LEC (25731)	1	-	-	-	No Schedule...	04/04 - 06/17	Sabine Endicott	5	0/25	On-line
> 79-LEC (25732)	1	-	-	-	No Schedule...	04/04 - 06/17	John Calavitta	5	19/25	On-line
> C01-LEC (257...)	1	-	-	-	No Schedule...	04/04 - 06/17	Caitlin Carle	5	9/25	On-line



Once you have you all three of the WSHS documents, you are ready for your EVF!

You will need an EVF **EVERY** term at South. It's an agreement for what classes you can take that ensures you're on track for graduation. Each EVF needs to be signed by your counselor, a guardian, and you.





Next Steps at South



01

Apply: In the application when asked what your intended major area of study is, please answer: “Running Start”

Within two business days of submitting your application, you will receive an email with your CTC Link # (or student ID #).
Please save that email.



02

Activate CTC Link account

03

Take placement test – Take both English and Math tests

04

Submit EVF to RS advisor and setup a meeting with them to register for classes

What happens after the EVF is signed?



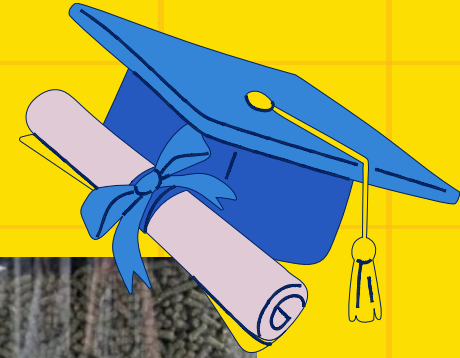
01 Send the EVF to your South Advisor

02 Schedule an appointment with your South Advisor to register for classes. You can find the link to schedule an appt on the South RS website

03 Update your WSHS Counselor what class need to be dropped at West Seattle



Get your signed EVF during lunch



01

Week of May 1st - 5th

02

Week of May 15th - 19th

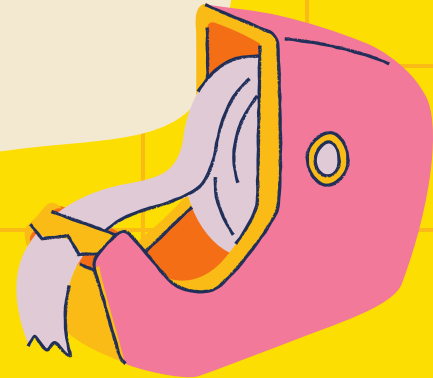
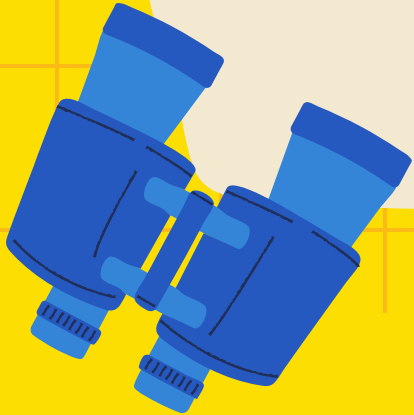
03

In the lunchroom/commons by the vending machines





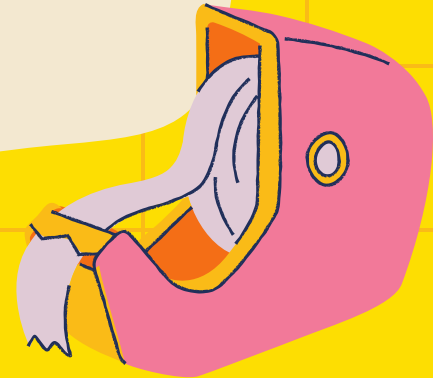
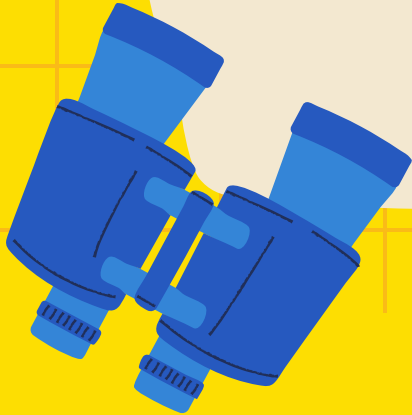
**THE WEST SEATTLE
DEADLINE FOR
RUNNING START IS
MAY 31, 2023**





Running Start Support @ lunch only*

**Due to SPS cutting RS funding counselors are only available at lunch.*





Hi! I'm
Chinchilla
the
Easter Egg