



Running Start Course Plan Worksheet

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For questions and more information about this document, please contact the following:

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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 community college is equal to 1.0 classes at Ballard (ex: English 101 = the entire year of American Lit)

Classes at BHS	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 community college earn which credit at Ballard High School

Credit Type	Ballard 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 136, 146, 147	5.0
Social Studies	US History 11B	0.5	=	HIST 137, 147, 148, 150, 219	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 Ed, Home Economics, Business	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: Make a plan for classes you'll need to take

Courses at Ballard High School

Semester 1	Semester 2

Courses at the community college

Fall Quarter	Winter Quarter	Spring Quarter

Step 4: Make sure you complete all the steps and submit all documents to your School Counselor

1. Attend a BHS Running Start information session (March)
2. Complete a Graduation Credit Check
3. Complete the Running Start Course Plan Worksheet
4. Sign SPS Running Start MOU and return to your school counselor