

# Running Start 101

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APPLICABLE TO ALL BPS STUDENTS INTERESTED IN RUNNING START

## What is Running Start?

Running Start is a dual credit statewide program that provides the opportunity for qualified high school Juniors and Seniors to attend college classes, tuition free\*, while completing high school. Students are eligible for a combined total of 1.2 FTE between the high school and college.

\* Students are responsible for certain fees unless eligible for a fee waiver form in which they will be waived.

# Is this a good option for you?

Do you want to do Running Start? Don't feel pressured if you aren't ready!

Are you prepared for the rigor of college classes?

What type of schedule do you want? Part time, full time?

Are you comfortable speaking with teachers and advisors independently?

Would you seek help from the teacher or Learning Center if you were struggling academically? Can you make appointments on your own?

Do you manage your time responsibly/are you organized?

Would on-line or hybrid classes work for you?

You are starting a college transcript! We want you to be successful!  
These grades stick!

# What do I want to get out of Running Start?

- Take just one or a few classes to gain some college experience and earn credits\*
- Earn my associates or direct transfer degree
- Take more hands-on classes at BTC and earn a degree to start a career.

\*Check the College/University you wish to transfer to and look up their Running Start policies regarding credits they accept.

# How do I know how many credits/classes I can take at the college?

## How do I figure out my schedule?

Figure one class at the college to equal two periods at SQHS. Most classes at the college will be 5 credit classes. You could take 6 classes at SQHS, with or without Storm, and be eligible for

one 5 credits class at the college.

Things to consider:

Do you participate in sports or clubs at SQHS?

You might want afternoon classes at SQHS in case you need to leave early for competition.

Will you be driving and have access to a car?

Can you carpool? Will you be taking the city bus?

If you take the bus, it might be easier to have afternoon classes at the college

These calculations are based on the 2020-2021 school year and are subject to change.



8 classes plus credited Advisory*	
HS Classes	WCC Credits
1 = .13 FTE	15
1+Adv .22 FTE	14
2 = .26 FTE	14
2+Adv	12
3 = .39 FTE	12
3+Adv = .48 FTE	10
4 = .52 FTE	10
4+Adv .61 FTE	8
5 = .65 FTE	8
5+Adv = .74 FTE	6
6 = .78 FTE	6
6+Adv = .87 FTE	5
7 = .91 FTE	4
7+Adv = 1.00 FTE	3
8 = 1.04 FTE	3
8+Adv	3

\* Advisory = Anchor at Sehome



## What are equivalencies?

Each school district has a list of college classes, or equivalencies, they accept to meet specific graduation requirements at their high school. For Example, for Civics we accept Political Science 202.

When you meet with your High School and Beyond Coordinator, they will help you with this and there is a sheet to reference. See below.

Courses below the 100 level may count for certain high school credits but they are not covered by Running Start. The student is responsible for the cost of those classes. Example: Math 99 at the college = Algebra 2

[BSD Equivalencies](#)

## The Basic stuff- what to do!

- Attend a college Running Start info session ASAP!  
Dates are on the college RS webpages and calendars.
- AFTER you are registered for RS with the college check your college email for instructions.
- In May, High School and Beyond Coordinators will begin meeting with students for fall quarter.  
You can email them or stop by the Career Center to make an appointment.  
Appointments are by zoom or in person.  
You MUST have your college ID# to meet with HS&BCs

For more information or questions please contact:

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