



**Running Start Information Session**



**Welcome!**

## RS Team



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## Topics

# What We'll Cover



## 1 RS Details

Eligibility, benefits, considerations, and cost.

## 2 Getting Started

Application, important dates & deadlines, and steps to get started.

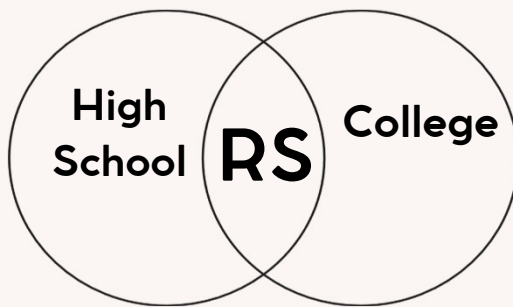
## 3 Planning

Resources, being a RS student at South, and ongoing success.

## Introduction

# What is Running Start?

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



- Allows 11th and 12th grade students to take college courses at WA's 34 community & technical colleges.
- Receive both high school and college credit for classes taken at the college.
- Participate in a full or part-time schedule at the college.
- Can earn an associate degree or certificate alongside high school diploma.
- Credits earned can be transferred to another college or university.
- Students and their families do not pay tuition.
  - They are responsible for mandatory fees, books, and transportation (more on this later).

## Eligibility

# Eligibility

- Must have Junior or Senior standing (11th or 12th grade) from a WA state public high school.
- Rising 11<sup>th</sup> graders are eligible for summer quarter prior to 11<sup>th</sup> grade.
- Students are eligible regardless of residency or immigration status.
- Must qualify for college level courses.
- Can attend any of the 34 WA Community or Technical Colleges.
- RS will only pay for college level courses (100 level or higher).





## Benefits

# Advantages of Running Start

### Academic

### Social

### Financial

- Gain college experience & demonstrate academic rigor on university applications.
- Earn up to two years of tuition-free college credit.
- Potential to earn an associate degree or certificate.
- Broader course selection than at the HS.
- Opportunity for a more flexible schedule than HS.
- Take part in both HS and college extracurricular activities.
- Access to all college resources.

## Campus Resources

- Free Tutoring Center
- Access Services
- Advising
- Counseling
- Student Life
- Food Pantry
- Benefits Hub
- TRIO
- AANAPISI
- ACO Campus Events
- Computer Labs & Printing
- Gender Neutral Restrooms
- Lockers
- Wellness Center
  - Prayer/Reflection Space
- Food & Dining (\$)
- Lockers
- Arboretum and Chinese Garden





# Sample College Courses



## Art

- Ceramics
- Digital Art
- Mural Art

## Biology

- Anatomy
- Infectious Diseases
- Microbiology

## Business

- Accounting
- Bus. Law
- Economics

## Communications

- Media Comm.
- Public Speaking.
- Race & Media of Cannabis

## Humanities

- Environmental
- Film
- Intercultural

## Math

- Applications
- Calculus
- Statistics

## Music

- Blues to Hip Hop
- Songwriting
- Choir

## Other Science

- Astronomy
- Env. Sci.
- Geology

## Philosophy

- Bioethics
- Intro
- Social Ethics

## Psychology

- Cults
- Intro
- Lifespan

## Sociology

- Human Sexuality
- Intro
- The Media

## STEM

- Comp. Sci
- Engineer.
- Equity & SJ



## Sample Professional Technical Courses

**Aviation  
Maintenance**

**Automotive  
Technology**

**Culinary  
Arts**

**Diesel &  
Heavy  
Equipment**

**Landscape  
Horticulture**

**Welding**

**Wine  
Studies  
(18+)**

- Not typically started until high school grad requirements are completed.
- Costs for equipment/materials not covered by RS.

## Degrees

# Associate Degrees at South



- [Associate in Arts \(AA\)](#)
- [Associate in Business DTA/MRP \(AB\)](#)
- [Associate in Science Track 1 \(AS-T1\)](#) – Biological Sciences
- [Associate in Science Track 2 \(AS-T2\)](#) – Physical Sciences
- [Associate in Science Track 2](#) – Civil and Mechanical Engineering MRP
  - Also includes Aeronautical, Environmental and Industrial Engineering
- [Associate in Science Track 2](#) – Computer and Electrical Engineering MRP
- [Associate in Computer Science DTA/MRP \(ACS\)](#)



## Considerations

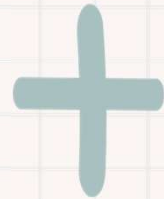
# Potential Pitfalls



**Academic Ability**



**Maturity**



**Success in RS**

- A student may be academically qualified for RS but may not be ready for college.
- Self-advocacy, executive functioning skills, and independence are essential to success at the college.

## Grades

# Satisfactory Academic Progress

- Students must maintain a cumulative grade point average (GPA) of 2.0.
- Students are placed on Academic Alert the first quarter their GPA falls below a 2.0 (monitoring).
- Students are placed on Academic Probation when their cumulative GPA falls below 2.0 for two consecutive quarters of attendance.
  - Must work with South's Counseling team to create a success plan and register for classes
- Three quarters of low scholarship may result in Academic Suspension.
  - Cannot take classes at South for one academic year unless the student applies for and is approved for reinstatement.

**TL;DR: Maintain a 2.0 (C average) cumulative GPA**

## Credits

# Credit Equivalencies

One 5.0 credit college course is equivalent to one year at the high school (1.0 HS credit).

*Courses move through content quickly!*



**College Course**

One quarter  
(11 weeks)\*

=

**High School Credit**

One  
Year

\*Summer quarter is only eight weeks and students earn the same amount of credit.

## Time

For every hour of instruction, the average study time is an additional 2 hours.

### 5 credit class:

5 hours instruction  
+ 10 hours study time  
= **15 hours total/week**

### 15 credit schedule:

15 hours instruction  
+ 30 hours study time  
= **45 hours total/week**

**12-15 credits = Full time schedule**



# Time Management

## Time Commitment

College classes typically demand about two hours of studying for each credit hour

## Structure & Pacing

Students may find the independence and speed of college classes overwhelming

## Independence

College courses require a greater degree of independent study & less time in the classroom receiving direct instruction



## Schedules

# How Many Credits Should I Take?

- This will depend on how many classes you are taking at your high school.
- Your counselor will indicate how many credits you are eligible to take on your quarterly Enrollment Verification Form (EVF).
- 12-15 college credits is full time; this typically equates to three college courses.
- We do not often recommend taking more than 15 credits due to the workload and will likely require you to work with an advisor for approval.
- To earn an associate degree, students should plan to take 15 credits/quarter during the academic year.



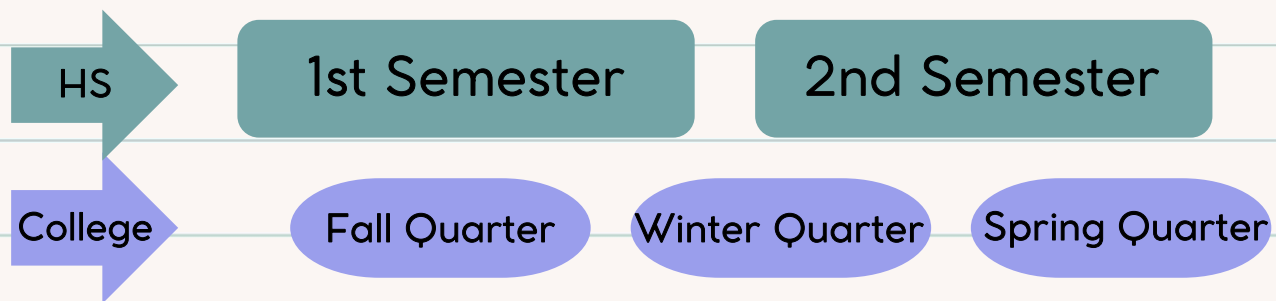
## Modalities

# Course Modalities

- **Online Asynchronous:** No specified meeting days/times. Instructors provide content, set deadlines, facilitate online discussions, etc. Students work independently to complete assignments.
- **Online Scheduled Instruction (Virtual)**
- **Hybrid Instruction:** On-campus attendance is required.
- **In Person, Web Enhanced**
- **In Person Instruction** (no use of web-based tools)



# Academic Calendars



- 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 and vice versa.**



## Considerations

# Other Considerations

- The high school has final authority on high school graduation requirements.
- College classes are designed for adult learners and content will not be censored.
- Poor performance can jeopardize HS graduation and future college plans or scholarship opportunities.
- **FERPA**: Federal privacy law limits parent/guardian access to educational information about students.
- Access Services are available for students with disabilities.
  - *IEP or 504 accommodations might look different than what is provided by the high school.*
- Students can feel disconnected from high school/social opportunities.
- Registration occurs on a quarterly basis, and the schedule is only published quarterly.
  - Classes are not always offered every quarter, so it's critical to prioritize HS requirements early and complete an education plan within your first two quarters.

## Cost

# What Does it Cost?

Students/families are responsible for:

Textbooks &  
Supplies

Registration &  
Course Fees

Transportation/  
Parking

Tuition >  
allowed credit  
limits

- Running Start pays for a maximum of 20 credits/quarter.
- The amount of credit paid for depends on how many classes the student is taking at the high school, which is outlined on the quarterly Enrollment Verification Form (EVF).

# Fee Waiver & Book Loan Program

- Students who qualify for free or reduced-price lunch (FRPL) at their HS are eligible for our fee waiver and book loan program.
  - There is a checkbox for the counselor to mark on the Enrollment Verification Form (EVF)
- Students who qualify will have all registration and course fees waived.
- Students may borrow books & some materials from the Running Start office at no charge.



## Steps

# Steps to Get Started

### Step 1: Apply

- Fill out the [online application](#) to South Seattle College and receive ctcLink ID# (student ID).

### Step 2: Establish Placement

- Take the [English and Math Directed Self-Placement](#) (DSP) tools & place into college level courses.

### Step 3: Complete & Submit RS Enrollment Packet

- Complete [online enrollment packet](#) found on the SSC Running Start site.
- Must have a fully completed Enrollment Verification Form (EVF) signed by the student, a parent/guardian, and high school counselor (*required quarterly*).

### Step 4: Meet with an Advisor

- Once your enrollment paperwork has been processed, you will be provided with instructions to schedule a mandatory advising appointment to register for classes and review resources.

### Step 5: Books & Materials

- Purchase or borrow required books and materials for your classes through our [online bookstore](#).

### Step 6: Complete Running Start New Student Orientation

- It is essential to complete the online Running Start New Student Orientation in Canvas to get familiarized with campus resources, processes, and policies.

EVF

# Enrollment Verification Form

- Students must use the 2026-2027 EVF for the upcoming school year.
- The EVF is required to register **every** quarter with no exceptions.
- Must be signed by the student, a parent/guardian, and high school counselor.
  - The college signature is not required.
- It must include the # of credits a student is eligible to take.
- The more info provided regarding high school graduation requirements, the better.
- Summer quarter requires a separate EVF.



Washington Office of Superintendent of PUBLIC INSTRUCTION

### 2026-27 Running Start Enrollment Verification Form

**Student** | **Counselor or Authorized HS/District Administrator**

Name (Last, First): \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 High School: \_\_\_\_\_  
 High School SID: \_\_\_\_\_ District: \_\_\_\_\_  
 College: \_\_\_\_\_ College SID/ctLink #: \_\_\_\_\_  
 College Term:  Quarter (Fall, Winter, Spring) OR  Semester (1<sup>st</sup> or 2<sup>nd</sup>)  
 Check if you are NOT pursuing a diploma through the school district (i.e., you are in home school, a private school, or seeking a college-issued diploma).

Check if this is a revision  Student Over 18  
 New Student  Returning Student  
 Homeschool Student  Private School Student  
 Student Enrolled in Multiple Colleges (Requires separate RSEVF for each college.) Name(s) of additional college(s): \_\_\_\_\_  
 Spring Quarter Eligibility Adjustment Form (SQEAF) attached. FRPL eligibility in past 5 yrs.  Yes  No

Intended Running Start Classes (by Student)		High School Equivalency (by Counselor/Administrator)	
College Course (Dept. & Number)	# of College Credits	High School Equivalency	# of HS Credits
	=		
	=		
	=		
	=		

Running Start Funding Limit Table			
Enrolled High School		Available	
Weekly Minutes based on high school bell	FTE	Max Allowed FTE	Max Credits
0 - 58	0.03	1.33	20 *
0 - 58	0.03	1.27	19 *
59 - 174	0.04	1.20	18
175 - 291	0.11	1.13	17
292 - 391	0.18	1.07	16
392 - 507	0.24	1.00	15
508 - 624	0.31	0.93	14
625 - 724	0.38	0.87	13
725 - 843	0.44	0.80	12
844 - 957	0.51	0.73	11
958 - 1,057	0.58	0.67	10
1,058 - 1,173	0.64	0.60	9
1,174 - 1,290	0.71	0.53	8
1,291 - 1,390	0.78	0.47	7
1,391 - 1,506	0.84	0.40	6
1,507 - 1,623	0.91	0.33	5
1,624 - or more	0.98	1.00	4

**Available College FTE/Credits (by Counselor/Administrator)**

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

Student Grade Level:  11th  12th  5th Year Sr <sup>b</sup>

Comments: \_\_\_\_\_

High School/District Signature: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Printed Name & Title: \_\_\_\_\_ Date: \_\_\_\_\_  
 College Signature: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Printed Name & Title: \_\_\_\_\_ Date: \_\_\_\_\_

**Student & Parent/Guardian Acknowledgement**

I understand that:

- The student is responsible for understanding when their choice of college course and credit load will result in tuition charges. If the student enrolls for more high school and college credits than are identified in the Running Start Funding Limit Table, the student is responsible for: 1.) paying all college tuition and fees associated with exceeding the college credits identified above or 2.) withdrawing from the excess college or high school course(s).
- Unless waived based on family income, the student is required to pay any college/job fees charged for college classes.
- The school/district must share FRPL eligibility with the college to ensure access to tuition/fee waivers. Individuals receiving the information will not share it with any other entity or program.
- Enrollment in specific college classes cannot be guaranteed—even if the classes are needed to fulfill high school graduation requirements.
- To add/withdraw from a course, the student must complete the college Add/Drop process by the college deadline and notify the high school counselor.
- The student is responsible for ensuring that college courses completed as part of the Running Start program will meet high school graduation requirements.
- Students pursuing a diploma from a public school district, charter or tribal school, or reengagement program must complete required High School and Beyond (HSBP) tasks in the SchoolLink platform or upload/transfer in the same information. Exceptions may only be made for seniors in schools using SchoolLinks for the first time.
- After completing their college coursework, students are responsible for requesting official college transcripts through the college's registrar's office.

*Per the U.S. Department of Education, "If a student is attending a postsecondary institution - at any age - the rights under FERPA have transferred to the student. However, in a situation where a student is enrolled in both a high school and a postsecondary institution, the two schools may exchange information on that student. If the student is under 18, the parent(s) [or guardian(s)] still retain the rights under FERPA at the high school and may inspect and review any records sent by the postsecondary institution to the high school. Additionally, the postsecondary institution may disclose personally identifiable information from the student's education records to the parent(s) [or guardian(s)], without the consent of the eligible student, if the student is a dependent for tax purposes under the IRS rules."*

I acknowledge I have read and understand both sides of this form, and will comply with the conditions of Running Start participation and the expectations of college course enrollment.

Student Signature (Required) \_\_\_\_\_ Date \_\_\_\_\_  
 Parent/Guardian Signature (Required for students under 18) \_\_\_\_\_ Date \_\_\_\_\_

FORM SPI 1424 (3/2026) This is a 3-page form, with the details & instructions printed on page 2.  
 Questions: Students & Parents/Guardians, contact local high school; High school & college staff, email OSPI at SAFSEnrollment@ri.12.wa.us.

## Planning

# Timeline & Planning



- Students can start any quarter.
  - **Registration for summer/fall 2026 opens May 19th for all RS students.**
- Students must have applied to the college, established English and/or Math placement, and submitted a completed enrollment packet (including the EVF) **before** meeting with an advisor.
- Don't wait to register! Classes fill up fast and exceptions aren't made for RS students.
- RS office is open all summer, but high school counselors are on break over the summer.

# RS Contact Info



<https://southseattle.edu/running-start>



[RunningStart.South@seattlecolleges.edu](mailto:RunningStart.South@seattlecolleges.edu)



206-934-6478



Robert Smith Building (RSB) 02

## Office Hours



**Monday - Thursday:** 8:00AM - 4:30PM

**Friday:** 8:00AM - 4:30PM; remote services only



# **RUNNING START STEPS TO APPLY**

SCAN QR Code



**Contact Us:**

**[RunningStart.South@seattlecolleges.edu](mailto:RunningStart.South@seattlecolleges.edu)**

**206- 934-6478**