

Running Start Program Information 2021-2022

Finding the right fit
Taking your next steps
Owning Your Path

Cedar Counseling Department



Many students and families are excited about acceleration while in high school.

Running Start is one form of acceleration. We also have:

New Tech Network collaboration in our Programs of Study

Our teachers are part of the CTE department in the Shelton School District that have Programs of Study for acceleration in Engineering, Welding, Automotive, Marketing and more. Previously known as Tech Prep Credit.

$$\text{Acceleration} = \frac{\text{Change in velocity}}{\text{Change in Time}}$$

What is Running Start?



A statewide program where high school Juniors and Seniors can access Community College while completing high school requirements.

At Cedar , students who meet the entrance requirements take classes at OC or SPSCC to earn BOTH college and high school requirements.

Both schools use the ACCUPLACER for entrance.

Olympic College is convenient since it is so close. SPSCC is a great way to branch out of Shelton and find even more autonomy.

Many of you already have college credit

Starting your college transcript is attractive for many reasons-

Practicing college rigor and saving money are often high on this list.

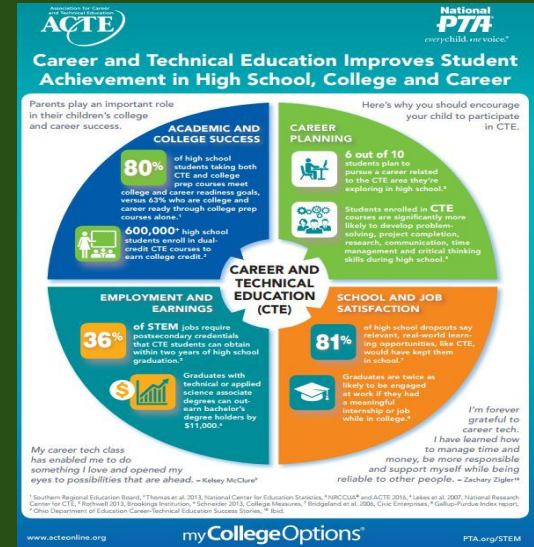
Cedar courses help you start this as well (see below)

Computer Applications Careers in Ed

American Sign Language Child Development

Engineering

Other CTE courses



Here are some more details that are helpful as you explore your options.



Running Start courses are paid for by your state funding. However, the books, supplies, fees, and transportation are the student's responsibility. (Avg. \$350 - \$750 per quarter)

Credits from the community colleges are transferable to all **WASHINGTON PUBLIC COLLEGES**- *when you work closely with a COLLEGE ADVISOR*

*** Transfers to out of state, private or specific degree programs are not guaranteed

By attending a community college for your Junior and Senior year, you can coordinate access to an Associates Degree at the same time you receive your high school diploma.

There are some circumstances your financial aid is impacted- this is dependent upon your grades, progress, and total credit accrual. Work closely with the financial aid department for clarification.

How do Cedar students do at RST?

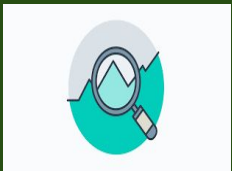


In the district, 68 students participate in the RST program on average per year

An average of 6.2 students earned their AA or AS annually at the time of high school graduation

6 out of 68 students returned to the Shelton High campus after experiencing RST on average

Of the students that have accessed RST, the average GPA dip is of a .5-1.0 point (3.5 to a 3.0 or 2.5 by example)



Admissions counselors at the 2 and 4 year colleges that high school counselors consult with all want students to take the right sized challenge and gather support. That may be in the RST program or in accelerated at Cedar. It is not a singular answer.

How do I make this decision?

Like any choice, weigh the considerations, know yourself, consult your people, and trust your choice.

You can experience courses not offered at Cedar

You can experience college while in high school helping with the transition from home when that happens

You can earn up to two years of tuition-free college credit

You can juggle three courses in-depth instead of the five from Cedar (per trimester)

You can self manage your time which can be wonderful, or sometimes not...

Really look at your relationship with responsibility and accountability-ask yourself:

Do I ask for help? Do I organize myself weeks in advance? Am I ready to be disconnected from high school, at least for the academics? What works best for me?



Here's some more to run around as you ponder...



Credits for college classes are 5 credits = 1.0 high school credit. The grade you earn impacts you doubly since credits are on both a college transcript and your high school transcript or GPA.

Families/Parents of RST students CANNOT CONTACT the college without your student's consent. But, students can share their online accounts and families can support from the home side.

Some students report that RST is isolating and forces them to disconnect from their peers. If you don't want to stay connected at Cedar, each college has clubs and activities for you to be involved in. Your social needs as a teenager will not go away so plan to meet them.

Students that plan on going to out of state schools, private schools, or into specific programs (engineering for example) REALLY need to consult with the college admissions counselors to ensure that the right college courses are included in the transfer degree.

Sometimes
you have to do what's
best for you and your
life, not what's best
for everybody else.

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What if we don't agree??



Sometimes the student wants to be in Running Start and the family is hesitant.

Sometimes the family encourages Running Start and the student is simply compliant.

This is a very real conflict and has real consequences- both financial, academic and the family relationship.

Please spend some time listing why you do or don't want to access this option then have an honest conversation.

Do you best to come to a mutual decision that you all support and discuss the commitment you will make to each other as you move forward.

**Honest disagreement is often
a good sign of progress.**

Mahatma Gandhi

If you ask us what we think, we are gonna tell you it's all about fit.

We really, really want you to be in the right setting with the right sized challenge.

It's kinda like shopping for jeans.

A lot of pairs will fit, but you know when you get the right ones!



We want to go for it...



Super! Here's what you do:

Look at the websites for SPSCC <https://spscc.edu/apply/runningstart> and

OC <https://www.olympic.edu/current-students/running-start>

They both have TO DO LISTS for admissions. Please follow them.

Cedar [RST To Do List](#) and all documents can be found here.

Advising Tool/ Running Start Contract highlights

Students must be fully enrolled each trimester. Either full time at college or a combination between college and Cedar. This is dependent on graduation and athletic eligibility.

Dropping a college class without consulting with your high school counselor can result impact your eligibility for athletics and activities and meeting graduation requirements.

You **MUST** fully communicate with your high school counselor and schedule meeting in a timely manner to be ready at your college advising. Using your advising tool from Susie is the best way to know what your correlate classes are. Seniors are expected to work with their advisor to complete their High School and Beyond Plan requirement and present High School and Beyond Presentations to meet their grad requirement.



SPSCC and OC programs.

Please attend one of the college orientation meetings (virtual) to learn more about the school of your choice.

Know that a large part of going to Running Start is learning how to navigate a new system. They are experts at how to get the classes, support and degree planning you want. Do not plan to attend RST if you do not plan to work with them. You will miss the main benefits.

Register for SHS classes even if RST is your intention. We will back out the requests for students that complete the process.

Whatever your challenge, thank you for letting us be a part. Working with you to plan your 20s is so incredibly rewarding. Email, sign in, or come on by.

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