

Running Start FTE

Below is the FTE for the 2021-2022 school year. Please be aware that these numbers can change!

FTE stands for Full Time Equivalent and what each class is worth at Sehome. Students cannot go beyond 1.0 FTE.

The number of college credits allowed is based on how much FTE the student is taking that semester at the high school. This includes BVL and Advisory.

Add up your total FTE of the classes you plan to take and compare it to the chart below to see how many college credits you would be eligible for each quarter.

Fall quarter goes by first semester FTE (the number of classes you are enrolled in at SHS). Winter and Spring quarters go by second semester FTE.

Classes at Sehome

Period 1	0.13		Period 5	0.13	
Period 2	0.13		Period 6	0.13	
Period 3	0.13		Period 7	0.13	
Period 4	0.13		Period 8	0.13	
			Anchor	0.09	
TOTAL FTE					
Credits Allowed					

College Credits allowed by FTE	
0-.20 FTE	15 credits
.21-.27 FTE	14 credits
.28-.33 FTE	13 credits
.34-.40 FTE	12 credits
.41-.47 FTE	11 credits
.48-.60 FTE	10 credits
.61-.67 FTE	8 credits
.68-.73 FTE	7 credits
.74-.80 FTE	6 credits
.81-.87 FTE	5 credits
.88-.93 FTE	4 credits
.94- 1.00	3 credits

Things to consider:

- Classes cannot overlap with SHS and the college.
- You must allow time for travel.
- In sports? Best to take Sehome classes in the afternoon.

On the next page you can write up a plan for classes you want to take at Sehome and the college.

Running Start Planning Sheet

Junior Year @ Sehome			
1st semester Junior year	1	Add class times here	5
	2		6
	3		7
	4		8
2nd Semester Junior Year	1		5
	2		6
	3		7
	4		8
Fall Quarter Sept-Dec		Winter Quarter Jan-Mar	Spring Quarter April - June
College classes Junior Year			
Senior Year @ Sehome			
1st semester @ SHS	1		5
	2		6
	3		7
	4		8
2nd semester @ SHS	1		5
	2		6
	3		7
	4		8
Fall Quarter Sept-Dec		Winter Quarter Jan-Mar	Spring Quarter April - June
College classes			