



Planning Your Quarter

Credit by Credit

Day by Day

Running Start students may attend college part-time or full-time. Full-time at the college is generally three five-credit classes (15 credits). Running Start can fund up to 15 credits per quarter. (Based on total number of high school classes)

The number of credits is generally the number of lecture hours per week a class meets. For example, a 5-credit lecture class meets five hours per week; and a 3-credit class meets three hours per week. Classes that have labs or practice time in class meet more hours than this. Recommended class load would be: (Based on a six-period day at the high school.)

- 1 five-credit college class and 4 high school classes, or
- 2 five-credit classes and 2 high school classes, or
- 3 five-credit college classes and no high school classes.

Schedule time for study as well as class time on your weekly planner. Students recognize that college classes differ in the amount of time and work they require. For each credit you take, there may be two, three or more hours of outside study per week. For fifteen credits a student would plan for 30 hours of study time for reading, writing, research, or homework, and preparing for class.

You must, therefore, manage class and study time carefully and consider your high school activities, employment and personal responsibilities as you select your classes each quarter. Following is a general idea regarding the number of credits a student should take while working or involved in high school sports and activities:

- If you work and/or have activities 40 hours per week, take no more than 5 credits.**
- If you work and/or have activities 30 hours per week, take no more than 10 credits.**
- If you work and/or have activities 20 hours per week, take no more than 15 credits.**

Think about why you are working—short-term money might not be worth it, particularly in your first quarter. However, if you must work, plan your credits accordingly.

Plan your day for classes, study, sleep, commute, work . . . and play!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
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12:00 AM							