



Where Successful People Get Their Start!

Participating High Schools and Running Start Liaisons in the Lakes Region



Celebrating its 11th Year
in New Hampshire



Academic Programs at LRCC

- Accounting
- Liberal Arts
- Automotive (GM ASEP)
- Business Management
- Computer Technologies
- Culinary Arts
- Early Childhood Education
- Electrical Power and Control Technologies
- Electrical Systems Installation and Maintenance
- Energy Services and Technology
- Fine Arts
- Fire Investigation
- Fire Protection
- Fire Science
- General Studies
- Graphic Design
- Human Services
- Liberal Arts
- Marine Technology
- Media Arts and Technology
- Nursing
- Office Technology Management
- Restaurant Management
- Teacher Preparation

BELMONT HIGH SCHOOL	Brenda Seifarth	267-7338
FRANKLIN HIGH SCHOOL	Mary E. Maloney	934-5441
GILFORD HIGH SCHOOL	Lori Jewett	524-7135
INTER-LAKES HIGH SCHOOL	Chris Gribben	279-6162
KINGSWOOD REGIONAL HIGH SCHOOL	Steve Guyer (CTE Director)	569-4361
	Ryan Whittaker (Guidance)	569-2055
LACONIA HIGH SCHOOL	Jackie Crede	524-3350
J. OLIVIA HUOT TECH CENTER	Scott Davis	528-8693
LIN-WOOD HIGH SCHOOL	Wendy Hamill	745-2214
NEWFOUND REGIONAL HIGH SCHOOL	Monica Jackson	744-6006
PLYMOUTH REGIONAL HIGH SCHOOL	Mark Christensen	536-1444, ext. 2007
PROSPECT MOUNTAIN HIGH SCHOOL	Marilyn St. Cyr	875-3800
WINNISQUAM REGIONAL HIGH SCHOOL	Guidance Office	286-4531

For more information about our college:

- Visit www.lrcc.edu or
- Call (603) 524-3207
- Visit us at:
379 Belmont Road
Laconia, New Hampshire 03246

For more Running Start information:

- Go to www.lrcc.edu/runningstart
- Contact Running Start Coordinator
Clay Groves (cgroves@ccsnh.edu)
- Call (603) 524-3207

Great Education for a Great Price



379 Belmont Road | Laconia, NH | 603-524-3207
www.lrcc.edu/runningstart

Running Start FAQs

What is Running Start?

Running Start is a joint higher education initiative that allows high schools the opportunity to collaborate with the Community College System of New Hampshire (CCSNH) to offer college courses to high school students for dual-credit. It began in 1999 with 7 classes and 30 registrants and has grown to over 60 classes and more than 500 registrants in 2008–09 through Lakes Region Community College.

What is dual-credit?

Dual-credit means that while students are earning credits that fulfill their high school graduation requirements, they are simultaneously earning college credits through Lakes Region Community College.

Who teaches these college courses?

High school teachers who meet or exceed the qualifications to teach at the college level are eligible to offer a Running Start class.

Where do these college credits transfer?

College credits earned through Running Start will transfer to all seven CCSNH sites; and because LRCC is fully accredited by the New England Association of Schools and Colleges (NEASC) our students are successfully transferring credits to 2 and 4-year colleges and universities all across the country, including UNH, PSU, Bucknell and Georgetown (among others).

How much does a Running Start course cost?

A 3–5 credit course costs \$100.00. Compare this with the 2009–2010 tuition of \$525.00 for a 3-credit course at all the 2-year CCSNH campuses and only a fraction of what it would cost at a public or private institution.

What Running Start classes are being offered?

Contact your local high school Running Start Liaison. (See back of brochure for phone and contact information.)

Program Goals

Running Start is focused on the following goals::

- Reducing the cost of higher education.
- Encouraging high school students to seek higher education.
- Accelerating the process of higher education.
- Introducing high school students to the excellent academic and technical programs offered throughout the CCSNH system.
- Rewarding highly motivated high school students with college credits.

Benefits for Students

- Running Start Students receive college credit and appropriate high school credit.
- Running Start Students graduate high school with a college transcript of earned credits.
- Running Start Students are considered part-time students of the Lakes Region Community College and have access to many college resources.
- Running Start Students are invited to attend Running Start Day which traditionally coincides with College Field Day.
- Running Start students are eligible to participate in the college's intra-mural sports that include soccer and dodgeball.
- College courses look great on resumé's.
- All Running Start students receive an application fee voucher that waives the admission fee to any one of the seven CCSNH campuses.

“Running Start has helped my students gain confidence in their ability to complete college work and to time-manage their assignments. It is a great bridge to post-secondary education for the high school student.”

*Lois Brennan
Running Start Teacher
Newfound Regional H.S.*

The Lakes Region Community College's 2008–09 Running Start Advocate of the Year Recipient: Gary Steinbach of Winnisquam High School



Winnisquam Regional High School (WRHS) Running Start Liaison, Gary Steinbach (center left), receives the Running Start Advocate of the Year Award from Governor John Lynch (center right). Joining the two gentlemen are Community College System of New Hampshire (CCSNH) Chair, Board of Trustees, Paul Holloway (far left), and CCSNH Assistant Chancellor, Charles Annal (far right).

Excerpt from RS Advocate of the Year Nomination Letter, submitted by WRHS Principal, Kimberly Saunders:

“Gary Steinbach has been an exceptional advocate for the Running Start program at Winnisquam Regional High School in coordination with Lakes Region Community College. He has worked closely with teachers over the past three years to increase course offerings dramatically. Courses are now offered in almost every academic department and some of our students are graduating with a semester of college credits. For these students, the long-term impact of this is enormous—both financially and in relation to the confidence that the students gain. Additionally, Gary works with local business and community members to assure that every student who wishes to take a course in the Running Start program has the financial support to do so. Gary Steinbach should be recognized as the Running Start Advocate of the Year for his enthusiasm, coordination, and his promotion of the Running Start program.”

Nomination letters for this year's Running Start Advocate of the Year recipient can be accessed at www.lrcc.edu/runningstart.

