RUNNING START DUAL ENROLLEMENT PROGRAM

PATHWAY - CULINARY ARTS

FOR HIGH SCHOOL STUDENTS WHO WANT TO GET AHEAD!

Here's how it works -

1. Be in your junior or senior year of high school
2. Tell your school counselor that you're interested in earning college credit
3. Take college classes with your teachers in your school
4. Graduate high school with 10 or more college credits!

LAKES REGION COMMUNITY COLLEGE

Do you have a passion for cooking? Earn college credits now and consider a career in Culinary Arts!

The Running Start Dual Enrollment Program between Somersworth High School and Lakes Region Community College offers high school students the opportunity to take Culinary Arts classes for college credit as early as their junior year.

The college courses are offered at free or reduced cost for high school students and satisfy high school graduation requirements. Ask your school how to participate and get a *Running Start* before graduation!

About - Culinary Arts could be perfect program for the student who is creative with ingredients, comfortable in the kitchen, and thrives in a fast paced environment. Culinary Arts is a fast growing field with tremendous job potential. Ignite your culinary curiosity and get that *Running Start* towards a variety of careers!

Potential jobs within this field

- Food Service Manager
- Kitchen Manager
- Chef

What if you take these courses and Culinary Arts isn't for you?

Ask which courses could be transferable towards other degrees!

Course Samples (subject to change)

Course number	Course name	Number of credits	Cost (tuition only)
CULA 152	Sanitation and Safety	3	STEM/CTE scholarship eligible
CULA 151L	Culinary Fundamentals	3	STEM/CTE scholarship eligible
CULA 146L	Bakery Production	3	STEM/CTE scholarship eligible
	Social Science elective	3	$150 or $75
	Humanities elective	3	$150 or $75
	Math elective	3	STEM/CTE scholarship eligible
	English elective	3	$150 or $75
ENGL 100L	English Composition	4	$150 or $75
BIOL 127L	Nutrition for Health and Fitness w/Lab	4	STEM/CTE scholarship eligible
CULA 158L	Restaurant Facility & Menu Design	3	STEM/CTE scholarship eligible
ESNT 120L	College Essentials	1	
CULA 159L	Cost Control	3	
HOS 113L	Introduction to Worldwide Cuisine	3	
HOS 114L	Dining Room Management I	3	
CULA 232L	Culinary Co-operative Education	3	
CULA 253L	Introduction to Garde Manger	3	
CULA 254L	Classical Cuisine	3	
HOS 222L	Quantity Food Purchasing	3	
CULA 147L	Hot and Cold Plated Desserts	3	
CULA 255L	Italian Cuisine	3	
CULA 256L	US Regional and Infusion Cuisine	3	

The Savings

In partnership with LRCC, Somersworth High School offers students Running Start classes [highlighted in yellow] which allows students to accumulate up to 9 credits toward the LRCC Culinary Arts associates degree. This adds up to a savings of $1,935 in tuition! Students interested in getting additional elective coursework out of the way while still in high school can take online classes through E-Start. [green highlight] We recommend that students consider taking classes at LRCC through the Early College program during their senior year in high school. Classes taken through Early College have a 50% tuition discount and the Culinary Arts courses are eligible for the Governor's STEM/CTE scholarship*.

* Governor's STEM/CTE scholarship is a program through the State of NH and the Community College System of NH, eligible high school students taking dual or concurrent credit courses through Running Start, E-Start and Early College can take up to 2 STEM (science, technology, engineering and math)/CTE (Career and Technical Education) courses per academic year for free.

How much money will you save?

Depending on the number of classes a student takes, students can save up to $6,235 in tuition by taking college classes through the dual enrollment programs. Taking college classes while in high school can reduce the cost of tuition for the Culinary Arts associates degree from $13,545 to $7,310.

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