



Suggested Schedule to Health & Medical On Ramp

This pathway leads to transition to college level coursework. This sample schedule assumes a fall start. If you wish to take alternate courses not listed below please meet with the Transition Specialist.

Before you start

- Apply for admission (free of charge) to obtain a student ID number.
- Meet with an advisor to learn more about which math and English option is right for you.
- Register for Adult Basic Education Orientation class at Enrollment Services (second floor of college center building).

Year One

Credits

Quarter 1

- ABE 070 Educational Interview for ABE/GED0.3
- ABE/MATH 081 or MATH/ABE 080 Basic Math Skills 5
- ABE 050 Language Arts II or
ENGL 098 Integrated Reading and Writing II10

Quarter 2

- ABE/MATH 084 Algebra I7
- ENGL & 101 English Composition I5
- ENGL 080 English Skills Shop or
MATH 089 Math Independent Study2

Quarter 3

- ABE/MATH 085 Algebra II 5
- AMA 117 Medical Terminology or
ENGL & 102 English Composition II5
- HUM 105 Intercultural Communication 5

Quarter 4

- AHE 111 Nursing Assistant Certified12
- AHE 126 Essential Skills in Healthcare2

Year Two

Quarter 5

- ABE/MATH 098 Intermediate Algebra5
- BIOL & 160 General Biology with Lab or
PSY & 100 General Psychology or
Introduction to Technology EET 1055
- ANTH & 275 Medical Anthropology5

Quarter 6

- MATH & 146 Introduction to Statistics or
MATH & 141 Precalculus I5
- CHEM & 121 Intro to Chemistry5
- BUS 169 Using Computers in Business I or
PHIL 102 Contemporary Moral Problems or
PHIL 110 Introduction to Social Ethics5

Quarter 1

- Attend Adult Basic Education Orientation (ABE 070).
- Attend START College Student Orientation.
- Visit greeter table to pick up planner (to learn about resources).
- Develop first year education plan and register for winter classes with the Transition Specialist.
- Apply for financial aid for upcoming academic year.
- Apply for the College Bridge Scholarship if taking ABE 050.
- Visit the student learning center for tutoring every quarter.
- Drop by the [Library](#) to get help with research; check out resources; access computers and study space; and create media projects.

Quarter 2

- Transition from ABE to college level courses.
- Be aware of important dates and deadlines on the [Academic Calendar](#).
- Stay on track and ask questions during instructor's office hours.
- Communicate regularly with instructor through Canvas or email about assignments.
- See the transition specialist and prepare to register for next quarter.
- Explore program pathway maps for all Health and Medical pathways.
- Visit the Page One Writing Center.

Quarter 3

- See your Health & Medical advisor in the College Center building to discuss your goals and extend your Ed plan.
- Explore careers and majors: workshops, counseling and career services.
- Check out campus life: student clubs, Equity & Welcome Center, Fall Fest, etc.
- Apply for the Seattle Colleges Foundation Scholarship and other scholarships.
- Consider Student Leadership positions and other on-campus jobs.

Quarter 4

- Complete the Nursing Assistant-Certified (NA-C) through Seattle Central College if needed.

Quarter 5

- Meet with you advisor to update and stay on track with your Ed plan.
- Visit the student learning center for tutoring every quarter.
- Attend transfer workshops and a transfer fair.
- Explore possible volunteer opportunities and internships.

Quarter 6

- Explore four-year college and university websites.
- Conduct informational interviews and do job shadowing.
- Attend a resume workshop and create a resume.
- Attend career fairs on campus and other employer-career events.
- Apply for financial aid for the upcoming academic year in Winter or Spring quarter to maximize your funding options.