### 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).

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### Year One

#### Quarter 1
- ABE 070 Educational Interview for ABE/GED .................. 0.3
- ABE/MATH 081 or MATH/ABE 080 Basic Math Skills .......... 5
- ABE 050 Language Arts II or ENGL 098 Integrated Reading and Writing II .......................... 10

#### Quarter 2
- ABE/MATH 084 Algebra I ........................................... 7
- ENGL & 101 English Composition I ................................. 5
- ENGL 080 English Skills Shop or MATH 089 Math Independent Study ........................................... 2

#### Quarter 3
- ABE/MATH 085 Algebra II ........................................... 5
- AMA 117 Medical Terminology or ENGL & 102 English Composition II ........................................... 5
- HUM 105 Intercultural Communication ............................ 5

#### Quarter 4
- AHE 111 Nursing Assistant Certified ............................. 12
- AHE 126 Essential Skills in Healthcare ............................ 2

### Year Two

#### Quarter 5
- ABE/MATH 098 Intermediate Algebra ............................. 5
- BIOL & 160 General Biology with Lab or PSY & 100 General Psychology or Introduction to Technology EET 105 ........... 5
- ANTH & 275 Medical Anthropology ................................. 5

#### Quarter 6
- MATH & 146 Introduction to Statistics or MATH & 141 Precalculus I .............................................. 5
- CHEM & 121 Intro to Chemistry ....................................... 5
- BUS 169 Using Computers in Business I or PHIL 102 Contemporary Moral Problems or PHIL 110 Introduction to Social Ethics .............................................. 5

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### 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.

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### 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.

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### 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.

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### Quarter 4
- Complete the Nursing Assistant-Certified (NA-C) through Seattle Central College if needed.
- 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.

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### 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.