

# COLLEGE AND ACADEMIC PREPARATION (CAP/CCAP)

**Educational** **Interviewing**  
CAP 1 1 Credit/Unit

1 hours of lecture

For students who are new to Transitional Studies. Students will be assessed and advised into appropriate classes, set goals and create an educational plan. [PNP]

**Technology** **for** **Pathways**  
CAP 3 1 Credit/Unit

1 hours of lecture

Improve technology skills, with a focus on navigating Canvas, while also learning about the career pathways leading from Transitional Studies to college completion. HS+ students will earn 0.5 credit toward the HS+ diploma. [PNP]

**Jumpstart:** **Reading** **&** **Writing**  
CAP 5 1-6 Credits/Units

6 hours of lecture

Development of standards-based reading and writing skills in the contexts of science and social studies to successfully transition into appropriate HS+ courses.

**Intensive** **Fast** **Track** **1:** **Portfolio**  
CAP 11 2 Credits/Units

2 hours of lecture

Improve the ability to listen actively, speak so others can understand, read with understanding, and convey ideas in writing while developing a career portfolio. Upon successful completion of Intensive Fast Track 1, students will have gained the study skills as well as the academic skills to transition into Fast Track 2, Integrated English CAP coursework. HS+ students who concurrently take CAP 11, CAP 12, CAP 13, CAP 14 and CAP 15 will earn 1 Occupational Education credit toward the HS+ diploma.

**Intensive** **Fast** **Track** **1:** **Written** **Communication**  
CAP 12 6 Credits/Units

6 hours of lecture

Improve the ability to read with understanding and convey your ideas in writing. Upon successful completion of Intensive Fast Track 1, students will have gained the study skills as well as the academic skills to transition into Fast Track 2, Integrated English CAP coursework. HS+ students who concurrently take CAP 11, CAP 12, CAP 13, CAP 14 and CAP 15 will earn 1 Occupational Education credit toward the HS+ diploma.

**Intensive** **Fast** **Track** **1:** **Oral** **Communication**  
CAP 13 3 Credits/Units

3 hours of lecture

Improve the ability to listen actively and speak so others can understand. Upon successful completion of Intensive Fast Track 1, students will have gained the study skills as well as the academic skills to transition into Fast Track 2, Integrated English CAP coursework. HS+ students who concurrently take CAP 11, CAP 12, CAP 13, CAP 14 and CAP 15 will earn 1 Occupational Education credit toward the HS+ diploma.

**Intensive** **Fast** **Track** **1:Technology**  
CAP 14 3 Credits/Units

3 hours of lecture

Improve the ability to use technology. Upon successful completion of Intensive Fast Track 1, students will have gained the study skills as well as the academic skills to transition into Fast Track 2, Integrated English CAP coursework. HS+ students who concurrently take CAP 11, CAP 12, CAP 13, CAP 14 and CAP 15 will earn 1 Occupational Education credit toward the HS+ diploma.

**Intensive** **Fast** **Track** **1:** **Study** **Skills**  
CAP 15 2 Credits/Units

2 hours of lecture

Strengthen study skills and reflect on various strategies and characteristics of successful college students. Upon successful completion of Intensive Fast Track 1, students will have gained the study skills as well as the academic skills to transition into Fast Track 2, Integrated English CAP coursework. HS+ students who concurrently take CAP 11, CAP 12, CAP 13, CAP 14 and CAP 15 will earn 1 Occupational Education credit toward the HS+ diploma.

**Fast** **Track** **1:** **Oral** **Communication/Technology**  
CAP 16 6 Credits/Units

6 hours of lecture

Development of computer skills to support your ability to listen actively and speak so others can understand in the context of college and work. Upon successful completion of Fast Track 1 (both CAP 016 and CAP 018), students will have gained the study skills as well as the academic skills to transition into Fast Track 2, Integrated English CAP coursework. HS+ students will earn 0.5 Occupational Education credit toward their HS+ diploma.

**Fast** **Track** **1:** **Written** **Communication/Technology**  
CAP 18 6 Credits/Units

6 hours of lecture

Development of computer skills as you improve your ability to read with understanding and convey your ideas in writing. Upon successful completion Intensive Fast Track 1 (both CAP 016 and CAP 018), students will have gained the study skills as well as the academic skills to transition into Fast Track 2, Integrated English CAP coursework. HS+ students will earn 0.5 Occupational Education credit toward the HS+ diploma.

**Fast** **Track** **2:** **Written** **Communication** **for** **College**  
CAP 21 6 Credits/Units

6 hours of lecture

Development of written communication skills, focusing on college readiness. Improve written fluency as well as accuracy in writing, grammar, and vocabulary use. Upon successful completion of Fast Track 2, students will have gained the skills to transition into Integrated English CAP coursework. HS+ students will earn 0.5 Elective credit toward the HS+ diploma.

**Fast** **Track** **2:** **Oral** **Communication** **for** **College**  
CAP 22 6 Credits/Units

6 hours of lecture

Development of oral communication skills, focusing on college readiness. Improve listening comprehension as well as fluency and accuracy in speaking. HS+ students will earn 0.5 Elective credit toward the HS+ diploma.

**On-Ramp to Healthcare**  
 CAP 23 6 Credits/Units  
 6 hours of lecture  
 Development of oral and written communication skills both face-to-face and on-line in the context of healthcare. Upon successful completion of On-Ramp to Healthcare, students will have gained the skills to transition into job training and college courses. HS+ students will earn 1 Health or Occupational Education credit toward the HS+ diploma. [PNP]

**Integrated English and Business**  
 CAP 24 7 Credits/Units  
 7 hours of lecture  
 Development of both oral and written communication skills in the context of Business. Upon successful completion of On-Ramp to Business, students will have gained the skills to transition into job training and college courses. HS+ students will earn 1 Occupational Education credit toward the HS+ diploma.

**Civics**  
 CAP 27 3 Credits/Units  
 3 hours of lecture  
 Preparation for GED or HS+ diploma: study of our national government, constitution, and rights and responsibilities of citizenship at federal, state, and local levels. Topics: federal, state, tribal, and local government organization procedures; current issues addressed at each level of government; electoral issues, including elections, ballot measures, initiatives, and referenda; study and completion of the civics component of the federally administered naturalization test required of persons seeking to become naturalized citizens; and character traits and basic values of living in a free society. HS+ students will earn 1 Civics credit toward the HS+ diploma.

**Ecology Basics**  
 CAP 28 3 Credits/Units  
 3 hours of lecture  
 Elements of life science that are focused on ecological understanding. Explore relationships between living organisms and relate these relationships to ecological issues locally and globally. HS+ students will earn 1 lab science credit toward the high school diploma.

**Lab Science**  
 CAP 29 3 Credits/Units  
 3 hours of lecture  
 Introduces concepts from biology, chemistry and physics. Explore the scientific method through designing, implementing, and sharing a project using scientific inquiry as well as complete several labs throughout the quarter. HS+ students will earn 1 Lab Science credit toward the HS+ diploma. [PNP]

**Fine Arts**  
 CAP 30 3 Credits/Units  
 3 hours of lecture  
 Earn credit toward HS+ diploma, prepare for the GED test or improve skills to transition to college-level courses. Gain a deeper understanding of the arts and how to evaluate the impressions gained by exposure to different forms of media. HS+ students will earn 1 Fine Arts credit toward the HS+ diploma. [PNP]

**Washington State History**  
 CAP 31 3 Credits/Units  
 3 hours of lecture  
 Prepare for the GED or the HS+ diploma. Provides a social, political, economic history of the Pacific Northwest with particular emphasis on the state of Washington, including Native American history and gender/ethnic history. HS+ students will earn 1 WA State History credit toward the HS+ diploma.

**Washington State History & Fine Arts**  
 CAP 32 7 Credits/Units  
 7 hours of lecture  
 Earn credits toward HS+ diploma, prepare for the GED test or improve skills to transition to college-level courses. Gain a deeper understanding of WA State History and how it relates to Fine Arts. HS+ students will earn 1 WA State History credit, 1 Fine Arts credit and 1 Elective credit toward the HS+ diploma.

**US History & Government**  
 CAP 33 7 Credits/Units  
 7 hours of lecture  
 Earn credits toward HS+ diploma, prepare for the GED test or improve skills to transition to college-level courses. Gain a deeper understanding of US history and government. HS+ students will earn 1 US History and Government credit, 0.5 Civics credit and 1 Elective credit toward the HS+ diploma.

**Science & Contemporary World Problems**  
 CAP 34 7 Credits/Units  
 7 hours of lecture  
 Earn credits toward HS+ diploma, prepare for the GED test or improve skills to transition to college-level courses. Gain a deeper understanding of the sciences and how they relate to current world problems. HS+ students will earn 1 Science credit, 1 Contemporary World Problems credit and 1 Elective credit toward the HS+ diploma.

**Integrated Math and Occupations**  
 CAP 40 8 Credits/Units  
 8 hours of lecture  
 For students needing to learn or review math fundamentals. Apply math skills (e.g. whole numbers, fractions, decimals, integers, percents, basic geometry, standard American measurement, basic tables/graphs) in various occupational contexts. HS+ students will earn 1 Occupational Education credit and 1 Elective credit toward the HS+ diploma.

**Integrated Math and Science**  
 CAP 42 7 Credits/Units  
 7 hours of lecture  
 Apply math skills (e.g. using integers, fractions, mixed numbers, order of operations, proportions, percents, algebraic expressions, multi-step equations, Metric system, standard and scientific notation, tables, graphs, diagrams) in the context of science. HS+ students will earn 2 Math credits and 1 Lab Science credit toward the HS+ diploma.

<b>Math</b> CAP 46 10 hours of lecture <b>Prerequisite:</b> Eligibility for CAP 46 Prepare to transition to MATH 107 and MATH 146 with MATH 6. Apply math skills in appropriate contexts and develop critical thinking skills. Topics include complex expressions, equations, inequalities, compound inequalities, graphs and equations using point-slope and slope-intercept form, square roots, exponential, polynomial expressions and equations, exponential and polynomial functions, exponential functions, exponential and logarithmic functions. HS+ students will earn 1 Math credit and 1 Elective Credit toward the HS+ diploma.	<b>Applications</b> 7 Credits/Units	<b>Academic</b> CAP 88 4 hours of lecture Development of writing skills for academic purposes that will emphasize concepts such as sentence types, sentence structure, clauses, phrases and verb tenses. Students will apply academic English conventions to their own writing. HS+ students will earn 0.5 Elective credit toward the HS+ diploma.	<b>Grammar</b> 1-4 Credits/Units
<b>Transitional</b> CAP 49 3 hours of lecture Designed to provide additional instruction and support for student success in CAP Math classes. Reviews important concepts and skills introduced during CAP Math classes.	<b>Studies</b>	<b>Math</b>	<b>Support</b> 1-3 Credits/Units
<b>Integrated</b> CAP 61 6 hours of lecture Earn credits toward HS+ diploma, prepare for the GED test or improve skills to transition to college-level courses. Gain a deeper understanding of the human body's systems while improving reading and writing skills. HS+ students will earn 1 Health credit toward the HS+ diploma.	<b>English</b>	<b>and</b>	<b>Health</b> 6 Credits/Units
<b>Integrated</b> CAP 64 7 hours of lecture Earn credits toward HS+ diploma, prepare for the GED test or improve skills to transition to college-level courses. Integrates WA State history and Fine Arts with critical reading and writing skills. HS+ students will earn 3 English credits, 1 WA State History credit and 1 Fine Arts credit toward the HS+ diploma.	<b>English</b>	<b>&amp; WA State</b>	<b>History/Fine Arts</b> 7 Credits/Units
<b>Integrated</b> CAP 70 7 hours of lecture Earn credits toward HS+ diploma, prepare for the GED test or improve skills to transition to college-level courses. Integrates US history and government with critical reading and writing skills. HS+ students will earn 3 English credits, 1 US History and Government credit and 0.5 Civics credit toward the HS+ diploma.	<b>English</b>	<b>and US</b>	<b>History &amp; Government</b> 7 Credits/Units
<b>Integrated</b> CAP 74 7 hours of lecture Earn credits toward HS+ diploma, prepare for the GED test or improve skills to transition to college-level courses. Integrates Science and CWP with critical reading and writing skills. HS+ students will earn 3 English credits, 1 Science credit and 1 Contemporary World Problems credit toward the HS+ diploma.	<b>English</b>	<b>&amp;</b>	<b>Science/CWP</b> 7 Credits/Units
<b>CAP</b> CAP 80 10 hours of lecture Variable topics in Basic Education Career and Academic Prep. Content to reflect the selected topics. Because the course varies in content, it is repeatable for credit for different topics. Individual topics are listed in the term class schedule. Outcomes are determined by level of placement into the course and are based on the Washington State Basic Education Learning Indicators. Students must attempt a CASAS post-test after 45 hours of attendance in this course.	<b>Special</b>	<b>Topics</b>	1-10 Credits/Units
<b>Health</b> CAP 93 2 hours of lecture Earn health credit for the HS+ diploma. Gain a deeper understanding of a healthy lifestyle. HS+ students will earn 1 Health credit toward the HS+ diploma.			<b>Health</b> 1-2 Credits/Units
<b>Occupational</b> CAP 94 2 hours of lecture Earn occupational education credit for the HS+ diploma. Gain a deeper understanding of preparing for a job and working successfully with co-workers. HS+ students will earn 1 credit of Occupational Education toward the HS+ diploma.			<b>Education</b> 1-2 Credits/Units
<b>Physical</b> CAP 95 2 hours of lecture Earn physical education credit for the HS+ diploma. Gain a deeper understanding of physical education by creating a personalized self-directed exercise plan. HS+ students will earn 1.5 Physical Education credits toward the HS+ diploma.			<b>Education</b> 1-2 Credits/Units
<b>Electives</b> CAP 96 2 hours of lecture Earn elective credit for the HS+ diploma. Work on independent projects in a variety of subject areas. HS+ students will earn elective credits toward the HS+ diploma.			2 Credits/Units
<b>CAP</b> CAP 99 10 hours of lecture CAP Special Projects	<b>Special</b>	<b>Projects</b>	1-10 Credits/Units
<b>Jump</b> CCAP 10 12 hours of lecture Competency-based course designed for those preparing for the GED® test or need to earn credit for the HS+ diploma. Topics include: Pre-Algebra, Basic Statistics, Algebra, Geometry, Measurement, Reading and Writing (English), Science, and Social Studies. [PNP]		<b>Start</b>	1-12 Credits/Units

<b>Jump</b>	<b>Start</b>		<b>US</b>	<b>History</b>	<b>&amp;</b>	<b>Government</b>
CCAP 11		1-12 Credits/Units	CCAP 33			1-3 Credits/Units
24 hours of lab			3 hours of lecture			
Competency-based course designed for those preparing for the GED® test or need to earn credit for the HS+ diploma. Topics include: Pre-Algebra, Basic Statistics, Algebra, Geometry, Measurement, Reading and Writing (English), Science, and Social Studies. [PNP]			<b>Prerequisite:</b> Eligible for CCAP 33			
This competency-based course is designed for students who need to earn US History and Government credit. Demonstrated achievement of the competencies will award 1 credit of US History & 1 credit of Government toward the HS+ diploma, or 1 elective credit if Government credit is not needed. This course will analyze key events and time periods in US history to develop a more informed understanding of why and how the US exists today. [PNP]						
<b>Science</b>			<b>Pre-Algebra</b>			
CCAP 27		1-3 Credits/Units	CCAP 40			1-6 Credits/Units
3 hours of lecture			6 hours of lecture			
<b>Prerequisite:</b> Eligible for CCAP 27			<b>Prerequisite:</b> Eligible for CCAP 40			
Competency-based course designed to earn Science credit for the HS+ diploma. Explore the scientific method in the areas of ecology, sustainability and the environment. Demonstrated achievement of competencies will award 1 Science credit toward the HS+ diploma.			This competency-based course is designed for students who need to earn credit for the HS+ diploma. Application of math skills in real world contexts. Topics include: basic math skills, percent, decimals, fractions, mean, median, mode, graphs, expressions, equations, exponents, order of operation, perimeter, area, volume, formulas, measurement (metric and standard), signed numbers, absolute value, ratio, and proportion. Demonstrated achievement of competencies will award 1 elective credit for HS+ diploma. [PNP]			
<b>Contemporary</b>	<b>World</b>	<b>Problems</b>	<b>Algebra</b>			
CCAP 28		1-3 Credits/Units	CCAP 41			1-6 Credits/Units
3 hours of lecture			6 hours of lecture			
<b>Prerequisite:</b> Eligible for CCAP 28			<b>Prerequisite:</b> Eligible for CCAP 41			
This competency-based course is designed for students who need to earn CWP credit for the HS+ diploma. Evaluation of major world events and human activity in order to better understand human impacts on our world. Evaluation of global civil rights movements and exploitation of resources to further understand the implications of human activity on local and global environments. Demonstrated achievement of the competencies will award 1 credit of CWP toward the HS+ diploma. [PNP]			Competency-based course designed to earn Algebra credit for the HS+ diploma. Topics: how equations work, factoring, graphing linear equations, solving inequalities and simplifying polynomials with various operations. Demonstrated achievement of the competencies will award 1 Algebra credit toward the HS+ diploma.			
<b>Lab</b>	<b>Science</b>		<b>Geometry</b>			
CCAP 29		1-3 Credits/Units	CCAP 43			1-6 Credits/Units
3 hours of lecture			6 hours of lecture			
<b>Prerequisite:</b> Eligible for CCAP 29			<b>Prerequisite:</b> Eligible for CCAP 43			
Competency-based course designed to earn Lab Science credit for the HS + diploma. Introduction of concepts from biology, chemistry and physics. Explore the scientific method through designing, implementing, and sharing a project using scientific inquiry. Demonstrated achievement of competencies will award 1 Lab Science credit toward the HS+ diploma.			Competency-based course designed earn Geometry credit for the HS + diploma. Topics: geometry properties, area, perimeter, surface area, volume, and various transformations. Demonstrated achievement of the competencies will award 1 Geometry credit toward the HS+ diploma.			
<b>Fine</b>	<b>Arts</b>		<b>Algebra</b>	<b>2</b>		
CCAP 30		1-3 Credits/Units	CCAP 45			1-6 Credits/Units
3 hours of lecture			6 hours of lecture			
<b>Prerequisite:</b> Eligible for CCAP 30			<b>Prerequisite:</b> Eligible for CCAP 45			
Competency-based course designed to earn Fine Arts credit for the HS+ diploma. Gain a deeper understanding of the arts and how to evaluate the impressions gained by exposure to different forms of media. Demonstrated achievement of the competencies will award 1 credit of Fine Arts toward the HS+ diploma. [PNP]			Competency-based course designed to earn Algebra 2 credit for the HS+ diploma. Topics: graph & solve inequalities, linear and exponential equations; simplify, add, subtract, multiply, divide and factor polynomials; solve quadratic equations; solve and simplify logarithms; identify functions; and solve & graph system of equations problems. Demonstrated achievement of competencies will award 1 Algebra 2 credit toward the HS+ diploma.			
<b>Washington</b>	<b>State</b>	<b>History</b>	<b>Applied</b>		<b>English</b>	
CCAP 31		1-3 Credits/Units	CCAP 63			1-6 Credits/Units
3 hours of lecture			6 hours of lecture			
<b>Prerequisite:</b> Eligible for CCAP 31			<b>Prerequisite:</b> Eligible for CCAP 63			
This competency-based course is designed for students who need to earn WA State History credit for the HS+ diploma. Provides a social, political, economic history of the Pacific Northwest with particular emphasis on the state of Washington, including Native American history and gender/ethnic history. Demonstrated achievement of the competencies will award 1 credit of WA State History toward the HS+ diploma. [PNP]			Competency-based course designed to earn English credit for the HS + diploma. Emphasis on critical reading and analytical writing skills. Demonstrated achievement of the competencies will award 1-3 credits of English toward the HS+ diploma.			

<b>CCAP</b>	<b>Special</b>	<b>Topics</b>
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CCAP 80		1-12 Credits/Units
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10 hours of lecture

Variable topics in Career and Academic Preparation. Content to reflect the selected topics. Because the course varies in content, it is repeatable for credit for different topics. Individual topics are listed in the term class schedule. Outcomes are determined by level of placement into the course.

**Health**

CCAP 93		1-2 Credits/Units
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2 hours of lecture

**Prerequisite:** Eligible for CCAP 93

This competency-based course is designed for students who need to earn Health credit for the HS+ diploma. Students will gain a deeper understanding of a healthy lifestyle. Demonstrated achievement of the competencies will award 1 Health credit toward the HS+ diploma. [PNP]

<b>Physical</b>	<b>Education</b>	<b>&amp;</b>	<b>Fitness</b>
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CCAP 95			1-2 Credits/Units
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2 hours of lecture

**Prerequisite:** Eligible for CCAP 95

Competency-based course designed to earn physical education credit for the HS+ diploma. Gain a deeper understanding of physical education by creating a personalized self-directed exercise plan. Demonstrated achievement of the competencies will award 1.5 physical education credits toward the HS+ diploma. [PNP]

**Electives**

CCAP 96		1-2 Credits/Units
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2 hours of lecture

**Prerequisite:** Eligible for CCAP 96

This competency-based course is designed for students who need to earn elective credit for the HS+ diploma. Students will work on independent projects in a variety of subject areas in order to fulfill graduation requirements for a high school diploma. Demonstrated achievement of the competencies will provide .5-1 electives credits toward the HS+ diploma.