2026 RAI Core Course List

Admission of freshmen to the Iowa Regent universities is based on the Regent Admission Index (RAI) formula described below. In addition, applicants must meet the minimum high school course requirements for the university they wish to enter.

(3 x ACT composite score)
+ (30 x high school GPA)
+ (5 x number of years of high school core courses)

Regent Admission Index Score

Note: For purposes of calculating the RAI, SAT scores will be converted to ACT composite equivalents, 4.00 is the top value for GPA, and the number of high school core courses completed is expressed in terms of years or fractions of years (e.g., one semester equals 0.5 year). Applicants who do not possess all required factors will be evaluated on an individual basis by the Regent universities to which they apply.

Freshman applicants who achieve at least a 245 RAI score and who meet the minimum number of high school courses required by the Regent universities will qualify for automatic admission to any of the three Regent universities. Freshman applicants who achieve less than a 245 RAI score may also be admitted to a specific Regent university; however, each Regent university will review these applications on an individual basis and the admission decision will be specific to each institution.

SAYDEL HIGH SCHOOL, DES MOINES, CORE COURSES APPROVED FOR RAI

Source: 2025-2026 SRI Winter data. (Note: course numbers in parentheses refer to community college course numbers.)

English	Yrs*	Math	Yrs*	Science	Yrs*	Social Studies	Yrs*	World Languages	Yrs*	Computer Science	Yrs*
American Lit & Comp	1	Algebra 1	1	AP Chemistry	1	Abnormal Psychology [PSY241]	0.5	Heritage Spanish 1	0.5		
AP Lang & Comp	0.5	Algebra 2	1	Astronomy	0.5	AP U.S. Govt & Politics	1	Heritage Spanish 2	0.5		
AP Lang & Comp	0.5	AP Pre-Calculus	1	Astronomy [PHS152]	0.5	AP U.S. History	1	Spanish 1	1		
AP Lit & Comp	1	AP Statistics	1	Biology	1	Developmental Psychology [PSY121]	0.5	Spanish 2	0.5		
Composition 1 [ENG105]	0.5	Geometry	1	Biology 1 [BIO112]	0.5	Economics	0.5	Spanish 3	0.5		
Composition 2 [ENG106]	0.5			Chemistry	0.5	Geography	0.5	Spanish 4	1		
Creative Writing	0.5			Environmental Science	0.5	Government	0.5				
Drama & Theater	0.5			Env Sci Lab [ENV116]	0.5	Human Sexuality [PSY261]	0.5				
English 09	1			Human Anat & Phys 1 [BIO168]	0.5	Intro to Ethics [PHI105]	0.5				
English 10	1			Physical Science	1	Intro to Psychology [PSY111]	0.5				
English 10 Ella	1			Physics	1	Intro to Sociology [SOC110]	0.5				
Heroes in Literature	0.5			Technical Physics [PHY710]	0.5	Juvenile Delinquency [CRJ201]	0.5				
Honors English 09	1					Psychology	0.5				
Honors English 10	1					Social History	0.5				
Multimedia Communications	0.5					Sociology	0.5				
Sci Fiction & Lit	0.5					Survey of World Religions [REL101]	0.5				
Yearbook	1					U.S. History	1				
						U.S. History to 1877 [HIS151]	0.5				
						Wstrn Civ: Ancient to Early Modern [HIS110]	0.5				
						World History	1				
Total English		**Total Math**		**Total Science**		**Total Social Studies**		**Total World Languages**		**Total Computer Science**	

** The numbers in this column should be multiplied by 5 to determine the number of RAI points awarded for the course.*

Updated: 8/26/2026