

FOR IMMEDIATE RELEASE

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icouldbe.org Signs Up 80 Schools Nationwide

Virtual Can Be Virtuous

New York, NY, (June, 2005) – icouldbe.org, an award-winning non-profit Internet-based career mentoring program, today announced it has served over 80 schools and youth programs nationwide.

“icouldbe.org has seen tremendous growth,” Adam Aberman, executive director and founder of icouldbe.org, said. “Our 1,500 e-mentors have helped over 4,000 teens strive toward their full potential. We’ve reached teens in 13 states – California, Connecticut, Illinois, Michigan, Nebraska, New Hampshire, New Jersey, New York, Oregon, Pennsylvania, South Dakota, Texas and Virginia – from New York City to South Dakota’s Rosebud Reservation.” Below is the list of schools and youth programs through which icouldbe.org has served teens.

icouldbe.org was established in New York City in 2000 to reach teens in need of career and life guidance, linking teens via the Internet to mentors in a variety of careers. All aspects of the program are conducted online, including project management, recruitment, and training of volunteers to “e-mentor” teens, as well as finding schools that need the service. icouldbe.org’s safe online environment and curriculum meet the National Mentoring Partnership’s Twelve Elements of Effective E-Mentoring, the U.S. Department of Labor’s SCANS Competencies & Foundation Skills, and the American School Counselor Association’s Career Development Standards. Visit www.icouldbe.org.

Modoc High, Alturas, CA
Anaheim ROP, Anaheim, CA
Anaheim High, Anaheim, CA
Western High, Anaheim, CA
Gahr High, Cerritos, CA
Downey High, Downey, CA
Project ACE, El Centro, CA
Project STAR, El Centro, CA

Temescal Canyon High, Lake Elsinore, CA
Jordan Freshman Acad., Long Beach, CA
Jordan Senior High, Long Beach, CA
Foshay Learning Center, Los Angeles, CA
YWCA of Greater L.A., Los Angeles, CA
Menlo-Atherton High, Menlo Park, CA
Milpitas High, Milpitas, CA
Moorpark High, Moorpark, CA

Canyon Springs High, Moreno Valley, CA
Newark High, Newark, CA
Boys and Girls Club, Oakland, CA
Pasadena High, Pasadena, CA
YWCA of Pasadena, Pasadena, CA
Porterville High, Porterville, CA
Richmond High, Richmond, CA
La Sierra High, Riverside, CA
Ramona High, Riverside, CA
Highlands High, Sacramento, CA
Hiram Johnson High, Sacramento, CA
Sunnymead Middle, San Bernardino, CA
Cordova High, San Diego, CA
Hilltop High, San Diego, CA
Hoover High, San Diego, CA
School of Business, San Diego, CA
Philip Sala Burton High, San Francisco, CA
Life Learning Academy, San Francisco, CA
Mission High, San Francisco, CA
Gunderson High, San Jose, CA
Andrew Hill High, San Jose, CA
Yerba Buena High, San Jose, CA
Santa Barbara High, Santa Barbara, CA
Seaside High, Seaside, CA
Banning High, Torrance, CA
MIT Academy, Vallejo, CA
Vallejo High, Vallejo, CA
Watsonville High, Watsonville, CA
Bunnell High School, Stratford, CT
Stratford High, Stratford, CT
Chicago High High Ag. Sci., Chicago, IL
Bent. Harbor GEAR UP, Benton Harbor, MI

King Science & Tech, Omaha, NE
Jobs NH Grads, Berlin, NH
Jobs NH Grads, Exeter, NH
Jobs NH Grads, Farmington, NH
Jobs NH Grads, Laconia, NH
Jobs NH Grads, Manchester, NH
Jobs NH Grads, Merrimack Valley, NH
West Side High, Newark, NJ
I Have A Dream, Bronx, NY
HSTAT, Brooklyn, NY
Lilian Rashkis High, Brooklyn, NY
Tilden High, Brooklyn, NY
Vocational Training Center, Brooklyn, NY
Robert Wagner High, Long Island City, NY
La Guardia High, NY, NY
Westside YMCA, NY, NY
Community Services Cnsrt., Corvallis, OR
Simon Gratz High, Philadelphia, PA
Todd County Middle, Rosebud, SD
Todd County Senior, Rosebud, SD
AADC, Atascosa, TX
AADC, Boerne, TX
AADC, Comal, TX
AADC, Floresville, TX
AADC, Frio, TX
AADC, Guadalupe, TX
AADC, Guadalupe, TX
AADC, Medina, TX
AADC, Medina, TX
No. Cntral TX Workforce, Mineral Wells, TX
People Inc., Bristol, VA

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FACT SHEET

Guidance counselors try to provide direction, but they are overburdened. Statistics on guidance counseling from a 2002 Ferris State University study are staggering:

- U.S. taxpayers spend \$100,000 on K-12 education for every American and only \$80 of those dollars go toward career guidance
- There are, on average, 561 students assigned to each counselor in U.S. public schools, more than double the recommended 250-to-1 ratio;
- The average high school student receives less than three hours of individual career counseling over four years

MENTOR (the National Mentoring Partnership) shows that 15 million children in the U.S. need mentors and don't have one. In other words, that's 6 out of every 7 children.

According to a recent cover story article in Time Magazine on happiness, there are eight steps towards a more satisfying life.

- Number 2: Practice act of kindness, both random and systematic, to give you a greater sense of connection with others.
- Number 4: Thank a mentor for guiding you at life's crossroads.

And in a poll conducted by the magazine:

- 75% of those surveyed said a major source of happiness was contributing to the lives of others.
- More than 40% said they help those in need when they want to improve their mood.

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