

# Brother John Wallace Isom Jr.

The U-Can! Man LLC

To: South Georgia College (SGC) Entry Level Program  
Located on Valdosta State University Campus

**Directed by Ms. Valerie Webster**

December 2010

**Fall Semester 2009 Remedial Courses through Freshman Year Fall Semester 2010**

The U-Can! Man would like to share the following quotes with my fellow Americans who are attending or plan to attend college. I received these quotes from the magnificent team at SGC, and I want to remember them, apply them, and share them with future college students. I hope these powerful quotes spoken to the U-Can! Man during my freshman year can help you achieve and believe with a U-CAN! attitude. Thank you, President Carson, for having such an A+ team here in Valdosta, GA. I am better for it, and I shall always enjoy the Roaring Tiger spirit in my life, now and forever.

## Thank You

1: President Virginia Carson, South George College President

“Study hard”

2: Ms. Valerie Webster, Director of Entry Programs

“We are here for you”

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And I will make them and the places round about my hill a blessing; and I will cause the shower to come down in his season; there shall be showers of blessing.

Ezekiel 34:26

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3: Mr. Charles Ward, Instructor of Mathematics

“You can’t lose with the stuff we use”

4: Mr. Michael Talbott, Instructor of English

“Reading is to the mind what exercise is to the body”

5: Dr. Glen Warren Maul, Associate Professor of Psychology

**(my first-ever college advisor)**

“If you want to do a good job of critical thinking, it requires time, thought,  
and you being focused.”

6: Ms. Jessica Leigh Crowe, Assistant Professor of Biology

“Don’t ever come into a test knowing you don’t know something”

7: Mr. Jeremy Petrella, Instructor of History

“When you have to turn in an essay or assignment, you should always  
remember it’s your time to shine”

8: Ms. Kacie Hutchison, Financial Aid Advisor

“If you stay focused in every class, you will do just fine. Never forget  
your reason for being here: to get an education.”

9: Ms. Lea Johnson, Administrative Assistant

“Apply yourself and know that with God all things are possible. You  
leave SGC with a good solid foundation. The team here is the best.”

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10: Ms. Bettye E. McClendon, Instructor, Developmental Reading 99

“Always have a three-ring binder for each class, starting here in remedial courses and throughout your college career. If you take what you learned here and apply it, your chances of excelling will be greatly increased.”

11: Ms Jennifer D. Betts, Instructor, English 0099

“When you transfer to Valdosta State University, they will expect you put into practice what you have learned at SGC. So focus and get all you can while you can; you will need it.”

12: Mr. Charles Holzworth, American Government

“I hope you learned enough about our government and political system to understand how our county works. Also remember it is important to know where to find out information. Read the American Constitution, no matter what your major will be.”

13: Dr. Jeri Stelzer, Contemporary Health Issues

“Make sure you take care of your health during your college career. It is important before and during college, and after you graduate”.

14: Ms. Wyonne S. Templin, Instructor of Mathematics (provided two hours of tutoring before my algebra exit Compass test)

“You have had two semesters (97, 99) of remedial algebra. Mr. Ward has taught you. I will offer you some fine-tuning tips. But you must

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believe you can. It is not 'I have to take the Compass test' but it is 'I get to take it.' You can do it. Now GO attack that test".

15: The Valdosta Building Service Team

"You can do it" (this was said hundreds of times)

16: Visitors for the SGC Douglas main campus

"You can do it. SGC is a super college. What you get here can help you make it at any college. We have a good team."

17: Last but not least, fellow SGC students

"WE CAN"

If you are reading this, thank you. You are the one I am happiest for. If you desire more information about the U-Can! Man and my exciting college journey, visit The U-Can! Man Give Hope Shuttle (GHS) at [www.johntheucanman.com](http://www.johntheucanman.com). It was designed with you in mind to give you hope. In January 2011, I begin classes at Valdosta State University as a sophomore. At the time I'm writing this letter, it appears I will have a 4.0 GPA. If I-Can, U-Can! It is my desire to continue doing my best. As my son Caleb Isom says, "If you do the basics your best, you will be better."

It is not my goal to earn A's or a 4.0 GPA; it is my goal to do the basics my best. SGC has given me the basics. Now it is up to me to, as President Carson says, continue to study hard. See you at VSU in

January 2011, hopefully doing our best.

Below is a copy of the U-Can! Man **WAY**

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## the U-Can! Man- **WAY** Winning Attitude for You

You + Can = U-Can!  
You – Can = U-Can't!  
Believe that You Can, and U-Can!

Your ability to succeed depends upon your attitude, and thinking that you can do something is the first step toward getting it done. You may not know how rough the railway is going to be, but you still need to get the “I Think I Can” train headed out of the station before you can go anywhere. Back in kindergarten, you were probably introduced to a little train that said, “I think I can, I think I can!” Now that you’ve traveled further down the track of life, maybe it’s time to switch to a different train. It’s time to go from “I think I can” to “I KNOW I can!”

No matter what, U-Can! No matter who, U-Can! No matter where, U-Can! No matter when, U-Can! No matter how, U-Can! And no matter how much, U-Can! What you envision for yourself in your *heart and mind* (HAM) is more important than anything else, so your imagination should know no limitation! If you become your own partner and adopt a U-Can! attitude, the sun and moon can be yours. But even if you fall short of the sun and moon, you’re sure to still be among the stars if you believe that U-Can! Now get out there and, as the U-Can! Man’s son Joshua says, “Go for what you want, don't wait.” Remember to keep a powerful three-letter word in your tool box always. That word is TRY, which stands for

T- Totally  
R- Realizing  
Y- You-Can!

Whether you succeed or fail depends on whether or not you TRY!

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