

## THIS IS POWER OF YOU SALUTE #3

Ms Selenseia Holmes Valdosta State University Blazer

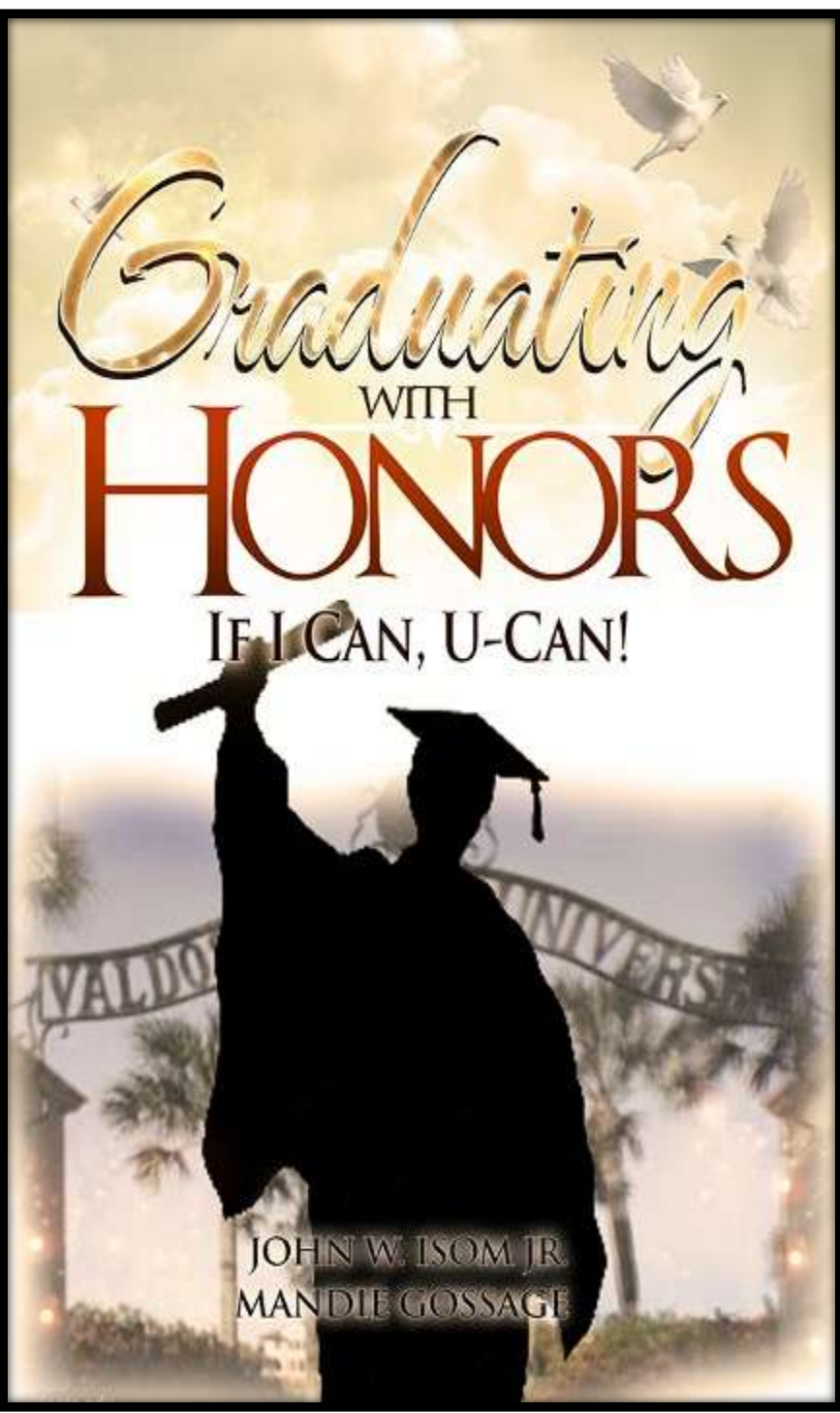


Click on Ms Holmes Forward <http://johntheucanman.com/files/74902685.pdf>

Done Fall Semester 2013

Graduating With Honors: If I Can, U-Can! By John The U-Can! Man and Mandie Gossage

**[Click On Book Front Cover Below](#)**



*Graduating*  
WITH  
**HONORS**  
IF I CAN, U-CAN!

JOHN W. ISOM JR.  
MANDIE GOSSAGE

I graduated high school in the early summer of 1998. By fall of that same year, I entered Valdosta State University as a fresh faced, traditional freshman student. It was my first time leaving home and living on my own. I have to admit I was wide eyed with both excitement and fear; fear of the unknown. I had no idea what to expect. We like to believe that high school thoroughly prepares us for college life. In some instances, it does. However, we are all unique individuals, and until now, I am not sure there was a one size fits all roadmap (so to speak) to college. I'll explain.

I have had the opportunity to be both a traditional and non-traditional student. As a traditional student, I entered college armed with all high school had taught me; including some bad habits I picked up, and a slightly diminished skill set since I used most of my senior year to take "easy" courses. A couple of the bad habits were procrastinating and not studying. I was able to pick up on information quickly in high school, and procrastinated when it came to studying. Yet, I was an honor graduate. College was a different ballpark. Here, studying was crucial, and I learned quickly that procrastinating wasn't always going to ensure my success like before (I was convinced for a long time that I did my best work if I waited to the very last minute).

Procrastination doesn't ensure success, but it doesn't guarantee failure either. However, why chance it? Taking that chance can put you further and further behind. That very thing happened to me when I needed to register for one of my biology classes here at VSU. I thought if I waited until a specific professor was teaching the class, I would have greater success; I procrastinated, for a number of semesters. Procrastinating didn't determine whether I would succeed or fail in that class, it was up to me the grade I would earn, but I didn't think about that at the time. If I had created a smart plan and executed it properly, I would not have wasted so much time. Eventually, I did earn a biology degree from

VSU. Since then, I have even earned a second degree from VSU-in organizational leadership-as a non-traditional student.

Valdosta State University has afforded me the opportunity to be a student, a student assistant, a casual laborer, and currently a staff member. It has also taught me lifelong lessons and allowed me to work with some of the pioneers here at Valdosta State University. One of those pioneers, Dr. Maggie Viverette, brought me on as a part of her Social Equity Team, and has given me work experience that I can take with me within or outside of the university. I have also been fortunate enough to meet lifelong friends here at VSU who have taught me a lot. One of those individuals is Elder John Isom, the author of this book. He opened my eyes to resources here at the university I had never taken advantage of. He helped me to understand that being a nontraditional student, a mother, a full time employee, and an advocate for a number of causes, can be done simultaneously and successfully. It does, however, take a lot of smart planning and continuous execution of that smart plan. A part of smart planning is knowing how and when to use the tools you have been given; like this book (the one size fits all roadmap I needed before beginning my freshman year). It is universal and works for EVERYONE, no matter your background.

While I have enjoyed the more than twelve years I have spent here at VSU (student and employment years combined), I have no doubt I would have had a smoother journey if I were afforded the information you are about to receive. So take it, and allow it to help you in every way possible. Know that you are great, and this road map will only help you continue to become greater; to one day be a VSU giant. You may be perplexed by that phrase (VSU giant), but a very intelligent man once told me that at VSU, we are all giants, no matter what position you may hold. Keep reading and you'll find out why. Selenseia Holmes Valdosta State University Blazer



"Procrastination doesn't ensure success, but it doesn't guarantee failure either. However, why chance it? Taking that chance can put you further and further behind. That's exactly what happened to me when I needed to register for one of my biology classes here at VSU. I thought if I waited until a specific professor was teaching the class, I would have greater success. I procrastinated for a number of semesters. Procrastinating didn't determine whether I would succeed or fail in that class; the grade I would earn was up to me, but I didn't think about that at the time. If I had created a smart plan and executed it properly, I would not have wasted so much time. Eventually, I did earn a biology degree from VSU. Since then, I have even earned a second degree from VSU (in organizational leadership) as a non-traditional student." Selenseia Holmes



Ms. Selenseia Holmes

Coordinator of Multicultural Affairs

Office of Social Equity

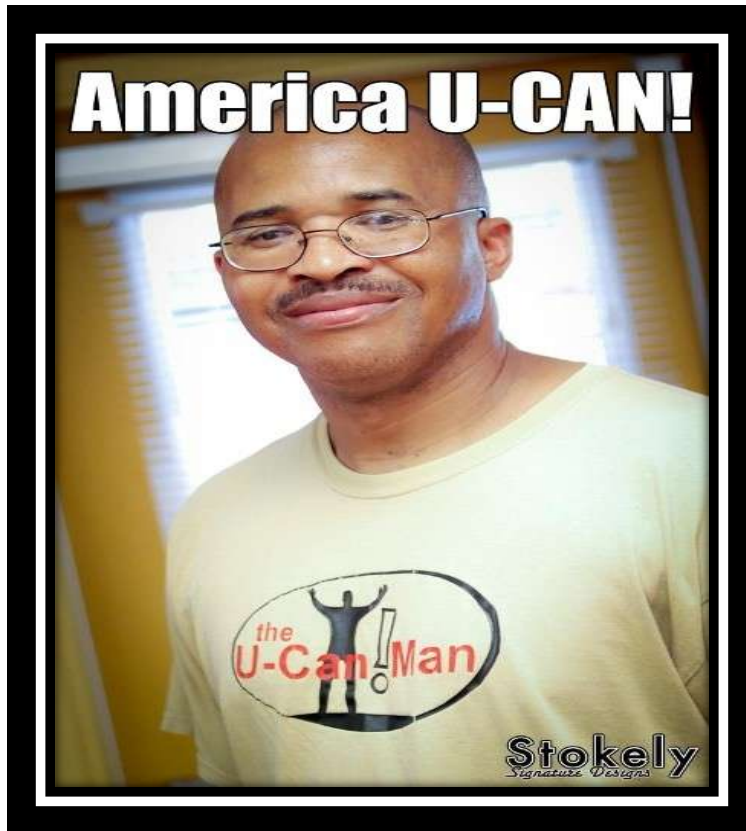
Media Arts Geniuses Advisor

Valdosta State University

Ms Holmes Said And She Did It Graduating With Her  
Masters Degree In 2015

That's Called The Power Of You In Action





THE U-CAN! MAN "U-CAN!" SALUTE: STORY LOCATED  
ON [WWW.JOHNTHEUCANMAN.COM](http://WWW.JOHNTHEUCANMAN.COM)

U-CAN!  
John Wallace Isom Jr  
The U-Can! Man  
229-548-5003  
[www.johntheucanman.com](http://www.johntheucanman.com)

College Graduate 7 Dec 2013, Valdosta State University

BA Sociology, Minor African American Studies

**1<sup>st</sup> Book: Return To Honor: A Soldier Story**

<http://www.blackgospelpromo.com/press627.htm>

**2nd Book Graduating With Honors: If I-Can, U-Can!**

<http://www.amazon.com/dp/B00HNY8SAU>

**Memberships & Affiliations**

2007 Valdosta-Lowndes County Chamber of Commerce

2012 National Society of Leadership Success

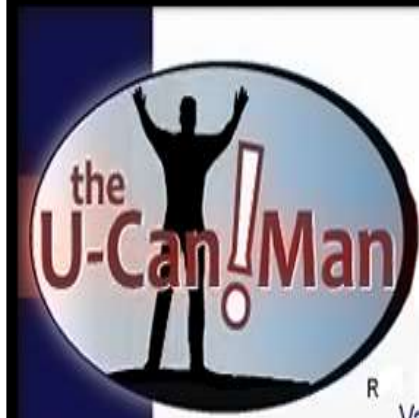
2013 Who's Who Class Among College Students

2014 VSU Phi Kappa Phi. Honorary Society

**WELL DONE IS BETTER THAN WELL SAID? BENJAMIN FRANKLIN**







## EMPOWERMENT

The U-Can! Man Empowerment Through Encouragement Shuttle "TUM-ETES"

<sup>R</sup> Valdosta-Lowndes County 5 Star Chamber Of Commerce: Member 2007-Present

# The Power Of YOU

"You can't give up on something you never done without trying it. You can't like or dislike something if you never try it.

Most of us crawl before we walk, we then learn to walk before we run, and finally we learn to run after mastering the walk. The one word used to achieve the crawl-walk-run model is that often used word TRY. Deployment of this powerful three letter word is essential. Anything is possible, but I have learn it begins and ends with {YOU-TRY}. YOU-TRY stands for **YOU- Totally Realizing You can**. The only person who can stop you from realizing your potential is "YOU"! Always remember you are in charge of 3 people: Me, Myself, and I. These three deserve honest leadership, you provide that leadership deliberately or by chance. The choice is yours. Remember what Nelson Mandela said about (IT)

"It always seems impossible until it's done."

**I SAY To YOU Today, U-CAN!**

*The U-Can! Man & Stranger 23 November 2015*

**America U-CAN!**



**Stokely**  
*Signature Designs*