

The U-Can! Man “COACH” History 2004-Present

Coach Carla- Act #2

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

“Clear as Day, I See It.”



On a hot summer day just before I started my first semester of college, I found myself dwelling on my low Compass scores and thinking that college was not for me AT ALL! I felt dejected and rejected and didn't know what to do with myself, but I made what turned out to be a good decision. I went to see the U-Can! Man's coach, longtime Wal-Mart manager Carla. I remember how unsure of myself I felt when I walked into the Wal-Mart on Norman Drive in Valdosta, Georgia. I needed to hear what my dependable and positive coach would have to say. I shall never forget the powerful words Coach Carla spoke to me on that day. After listening to me share how badly I'd done on the Compass test, she looked me in the eyes with a confident expression and said,

“YOU WILL WIN MANY AWARDS. I SEE IT, CLEAR AS DAY I SEE IT.”

I stared back at her with a look of confusion and misapprehension. Hadn't she heard what I told her about my scores? I'm just hoping I can pass algebra and English—how can she be talking about awards? Still, even if I couldn't understand why she would say this, I was encouraged by the way she said it, with passion and strong confidence in me. Thinking about my scores, not to mention my low high school GPA,

it was hard for me to have confidence. Still, as I was leaving the store, I took another look back at Coach Carla and she repeated her statement:

“YOU WILL WIN MANY AWARDS. I SEE IT, CLEAR AS DAY I SEE IT.”

In December 2012, remembering these words from Coach Carla, I reflected on the awards I’d won during my first three and a half years of college:

- Became a member of The National Society of Leadership and Success
- Became a member of Who’s Who Among American College Students
- Earned a 4.0 GPA my freshman year
- Made the Dean’s List multiple times, at South Georgia College and at Valdosta State University
- Was recognized as a South Georgia College Role Model Student for excelling at college
- Trained for one year and was ordained an Elder at Union Cathedral Church
- Received Academic Awards in the Arts and Sciences
- Recognized as the best student in the class by multiple professors
- Published 2nd book titled “Graduating With Honors: If I-Can, U-Can!”

Back then, Coach Carla could say, “I SEE it clear as day,” and now she can say “I SAW!”

Addition happen after our book was published:

Invite to become a honorary member of Valdosta State University Phi Kappa Phi

Graduated 7 December 2013, Published Our 2nd Book 3 January 2014

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

See book promotion below:



Graduating
WITH
HONORS

IF I CAN, U-CAN!

JOHN W. ISOM JR.
MANDIE GOSSAGE

Back Cover:

-- This book (a tool U-Can! use) is designed to increase Valdosta State University enrollment to **14,000 by fall semester 2015**—and keep it high in the years beyond. Its philosophy is simple:

Live a U-CAN! Life to Show Others They Can!

U- You

C- Capture your message, moments, memories

A- Attack every mission (14,000 Blazers by 2015) with your best effort

N- Never be defeated

The U-Can! Man

and

Mandie Gossage



Cum Laude

Summa Cum Laude

Undergraduate

Undergraduate and Graduate school

"Congratulations on all your academic success! Best of luck on your sophomore year!"

Mandie Gossage, The U-Can! Man's Awesome and Amazing Editor, November 22, 2010

Book Summary

“With the recommendations of the Higher Education Funding Commission, Georgia joins a growing number of states in sending a strong message to institutions, students and taxpayers alike that we will begin to measure our return on investment for the funds spent on public colleges and universities in terms of student access, progress and success.” –Georgia Governor Nathan Deal

Where are you in your educational journey? Maybe you're planning on going to college and excited and nervous about all the possibilities and challenges in your future. Maybe you're not sure if college is for you. Or maybe, like John Isom when his college story began, you have been putting off higher education for years, and now you're facing your fears and have no idea how to even get started tackling your courses.

In this book, you'll read the inspiring story of how John's five-year college journey changed his life, as well as advice and testimonies from college students of all ages and backgrounds. You'll find practical tips for studying and keeping yourself on track as well as spiritual strengthening to lift you up when you feel the road ahead is too difficult. Most of all, this book will make you realize that no matter what obstacles lie in your way, U-CAN achieve amazing things and use your personal victory to pave the way for others



Appeal #1 Co-Author

Thank you for the entertaining our appeals,

Our book; <http://www.amazon.com/dp/B00HNY8SAU> it is not merely designed to increase college enrollment but to inspire a lifelong passion for learning and provide motivation to succeed in undergraduate college and beyond. We really hope you will consider sharing this resource with your students no matter what their age. Yes, they may be seniors in college, but they still need encouragement to push until the end and finish strong. It's easy to give in to senioritis, to start slacking, and to just be going through the motions in your final year. The U-Can! Man needed the extra push that working on this book gave him. He was in danger of not making a 3.7 GPA, but he pulled off a super last semester and as a result graduated Cum Laude, an accomplishment that will be with him the rest of his life. Here are just two of the many benefits this book can provide to someone who has already finished his/her college journey:

- 1) Motivation to keep yourself sharp and consider graduate school, as it shows how life-changing education can be and how you can resume your education at any point in your life. My co-author Mandie wrote from the perspective of someone who went back to school after college to get her Masters degree, and, just like a non-traditional undergrad student, she had to figure out how to balance going to school full time with the other challenges that life throws at you as you get older.
- 2) Encouragement to share their college stories, like the many awesome students in this book did, to provide inspiration and guidance for future college students. We 100% believe that reading our story will get your students excited as they reflect on their own experiences and consider what they want to do with their futures. We really hope that you will help us reach them by sharing our book and our website, www.johntheucanman.com but in any case be sure to tell them U-CAN!

Thank you again for taking the time to entertain our appeals, and we look forward to your response.

theucanman@gmail.com (229)548-5003

Mandie Gossage



Appeal #2, Co-Author

The U-Can! Man innovative U-Can! tool consists of the following:

1. The U-Can! Man and five favorite friends' stories, <http://www.johntheucanman.com/files/84851490.pdf>
2. www.johntheucanman.com, started in July 2009
3. Graduating with Honors: If I Can, U-Can! <http://www.amazon.com/dp/B00HNY8SAU>
4. 150 persons in a 140-page book: <http://www.johntheucanman.com/files/83809074.pdf>
5. Mandie and The U-Can! Man's story <http://www.johntheucanman.com/files/80193279.pdf>

We 100% believe this tool should be given to every student and used by parents and communities as well. Learning to be successful in college is a SKILL! Imagine students across America having 150 persons to draw wisdom from who can share relatable stories. Professors can make this tool available to students using iPhones, computers, and other devices. Dominos Pizza is currently advertising a \$7.99 pizza special—the same price as the downloadable Kindle version of our book. We are asking YOU to consider purchasing this book yourself, but first, ask yourself the following questions:

1. Could this tool help students and parents?
2. Would it be nice to have 150 persons to draw encouragement from during college?
3. Does it help to have two honors students telling students U-Can?
4. Would parents be better off having 150 persons to help them advise their children?
5. Does a story about going from one A in high school to 30 A's in college help inspire your student?
6. Could teachers and professors have their struggling students earn extra credit from using our tool?
7. Is it good to have the U-Can! message communicated in as many ways as possible to help give families hope?
8. Meet The U-Can! Man 5 Friends <http://www.johntheucanman.com/files/84851490.pdf>

If the answer to even one of these seven questions is “yes,” then you need to have your school, college, church, business, and community help get this book into YOUR students' phones, computers, etc. Thank you.

Example from our book: Chapter Six

Mandie's Advice for College Students



Appeal #3 Located In Our Book Chapter Six

To say that learning and the college experience are different for everyone would be an understatement. Each of us learns in a different way. Some of us might need to see a picture, some of us might need to say something out loud. Some of us might need something hands-on, while some of us grasp things best by reading about them. As for myself, I always learned best by writing. I'd take abundant notes, and it seemed like just the act of writing hammered things into my head. Then, when test day came, I'd type up my notes in an outline, and that usually solidified it. Those two steps—first writing my notes and then typing them—saw me through many a test, but I know they're not for everyone.

When I was preparing to write my section on college advice, I asked a couple of my coworkers—one who recently graduated from college, and one who is going back to school for his MBA after having been out of college for a while.

My younger coworker provided this helpful (and pretty funny) advice:

"The biggest thing I had to learn is that budgeting time is essential. Obviously it's important to get the work done, but it's also important not to burn yourself out. Set up a schedule with breaks ("now I'm going for a walk," "now I'm watching YouTube videos for ten minutes," "now I'm eating dinner"), and stick to them no matter whether or not you've gotten as much done as you were hoping to. Also, when studying at night, give yourself an arbitrary deadline—if you say midnight, and midnight hits, you're done. That's all you can do for the night. Go to bed, go out with friends for a little bit, watch TV, whatever, but you're done working. You can start up again in the morning. You have to sleep, and if you mess with your sleep schedule and stress yourself out too much, that just means you're less able to deal with other things.

“Also, coffee is not the answer to everything. I tried pulling an all-nighter fueled by a whole (16-cup-sized) pot of coffee, and it turns out it won’t actually keep you functionally awake, and your stomach will not appreciate putting that much acid into it. I wound up in the bathroom, throwing up something that looked like black tar, for about 20 minutes, after which I stumbled back to my dorm room and passed out immediately. Not my finest hour.”

I’d definitely endorse the first part, because it’s worked for me. As for the second piece of advice, I’ve got to admit I’ve never tried to drink a 16-cup pot of coffee, but I’ll definitely take his word for it!

My other coworker shared the following:

“I am going back for my MBA now, and it has been 8 years since I graduated with my BS in Finance. Couple things I have come across.....

“If you are even thinking about getting an MBA, even if it’s just a notion, it is better to get it after finishing your Bachelors. My experience with going back now is that I am just rusty and not in the groove like I was with my BS. Also, just in that time frame, a lot has changed with technology, and I am still more comfortable with pen and paper rather than a laptop, but that is probably personal preference. And I use computers all the time, which is the strange thing.

“If you wait, like I did, life can get in the way. I have very young kids now, a three-year-old and a six-month-old. So my time is stretched very thin, and kids are just bad to be around because I like to play around with them, so I procrastinate on studying. I have guilt about ignoring my kids or family. So I am up late studying, which is not as easy as it once was when I was younger.”

I can definitely understand where this coworker is coming from. If you’re going back to school after a long break, you’ll find that things have changed—not only in the world of education, but you yourself have changed. You’ll have a routine you’ve become attached to. You may be responsible for taking care of a family now. You may not have the fortitude to pull an all-nighter, with or without the unwise coffee binge. This is not to say that it’s impossible, it’s just to say that you need to recognize going into it that you are going to face a different set of challenges from the typical college student.

So, I’m looking at the advice given by my two coworkers. One stresses the importance of not pushing yourself too far. The other feels he’s having difficulty pushing himself at all. As for myself, I did well in college, graduating with a 3.9 overall GPA from undergraduate and from graduate school. But it wasn’t all easy; there were some tricks I had to learn. I’ve come up with five tips to share that were lifesavers for me and that I think would be helpful to any type of student, no matter where you are in your college journey.

The U-Can! Man and son Joel Isom, 7 Dec 2013 after Valdosta State University Blazers Graduation



