

Before Starting The Process Of Attending College.

“John always remember U-Can! is good for starters;
however U-Did It Is better for endings.”

June 2009

Before Starting College at Valdosta State University August 2009

Myrna Ballard President of the Valdosta-Lowndes 5 Star Chamber of Commerce



BA Sociology with Minor In African American Studies

Graduation Date 7 December 2013

Thanks President Myrna Ballard for encouraging me to go from

The U-Can! Man to **The U-Did it Man** In Continuing Education

Check out www.johntheucanman.com to see some the results

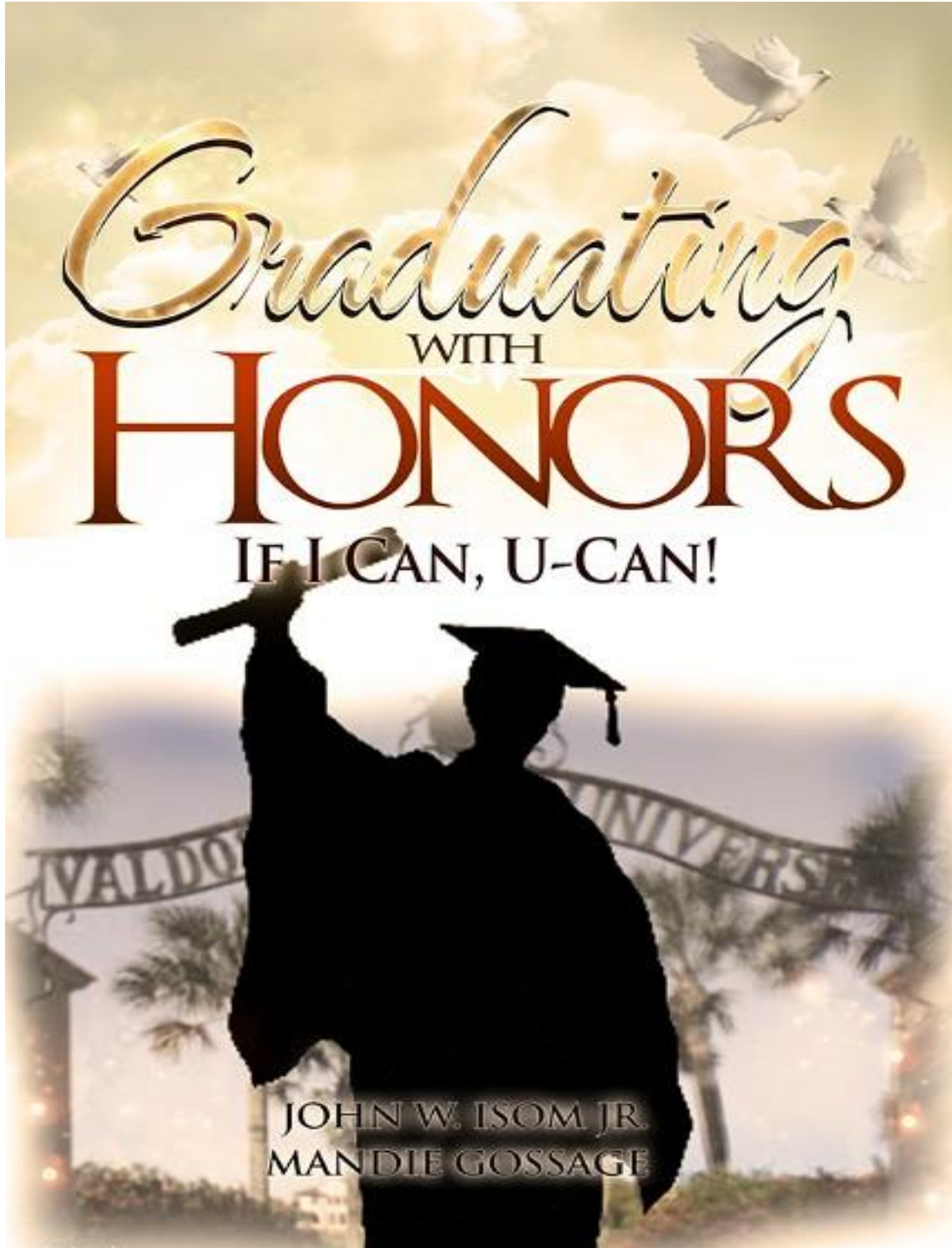
**“Thank You President Myrna Ballard For Challenging and
most of all 100% believing In The U-Can! Man”**

7 December 2013

The Race To The Top (Destiny) Completed 7 December 2013

See how we got here: E-Book (**2nd Book**) Released 3 January 2014

E-Book a tool use with <http://www.amazon.com/dp/B00HNY8SAU>



Book Summary and E-Book Back Cover

“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.

**2nd Book To Be Released In Soft and Hard Back Date TBD, Below
will be the added 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

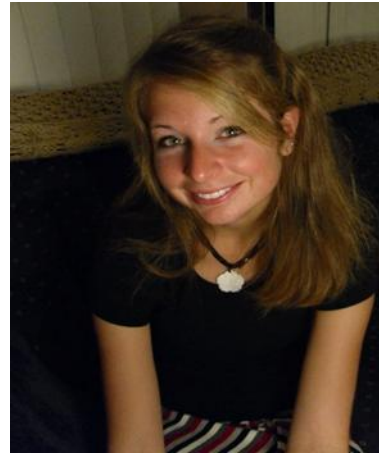
A- Attack every mission (14,000 Blazers by 2015) with your best effort

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

4 Pages Below Is How We Got Here (Racing To The Top)

5 To7 Year College Career Strategy (5-7YCCS)

Starting Aug 2009, the month after President Barack Obama Race (**Click on Link To see Challenge** <http://youtu.be/VNbDv0zPBV4>) to the Top Challenge to America. John The U-Can! Man and family going from **red** to **green**

History: 1978-1982 High School GPA 2.07

2009/2010	Complete Developmental Courses South Georgia College (SGC)	Beginning Range Road
2010/2011	Complete Freshman Year South Georgia College (SGC)	Short Range Avenue
2011/2012	Complete Sophomore Year Valdosta State University (VSU)	Mid-Range Avenue
2012/2013	Complete Junior Valdosta State University (VSU)	Long Range Avenue
2013/2014	Complete Senior Year Valdosta State University (VSU)	Destiny Range Highway
2014/2015	Complete Master Degree in Social Work Valdosta State University (VSU)	Extra-Range Avenue

Start my beginning range goal 17 August 2009 at South Georgia College Entry Level Program, located on Valdosta State University Campus. **I must always keep my Destiny Range Highway in view.** The road to Valdosta State University is paved with personal avenues to travel. The short, mid, and long range avenues have one thing in common, the Start. In order for me to **ATTACK!** my (5-7 YCCS) I must travel each avenue with a no repeat performance attitude. I GET to study and make sure I leave no studying behind. The KEY is doing the basics and my best everyday in class. Answers the questions have you done you BEST today? The answer must be YES I DID.

SFC ® John Wallace Isom Jr aka The U-Can! Man
 7 December 2013 Valdosta State University (VSU) Graduation
 Veteran of the United States Army Going from VSU Student To VSU Alumni 2009-2013



The US Army Veterans Affairs Planted Me In College July 2009-2013
I have Bloomed Where I Was Planted

1978-82	High School	Jefferson County High School, Monticello FL
<u>Results</u>	2.07 GPA	Earned 1 A (97) In 10 grade PE
1982-2007		United States Army
<u>Results</u>		<u>Was Fearful Of Attending College</u>
July 2009		Compass Test Valdosta State University Testing Center
<u>Test Results</u>		Math 16 needed 37, Reading 33 Needed 61 English 53 Needed 61
Fall 2009		Remedial Courses South Georgia State Entry Level Program
<u>Test Results</u>		(Passed Regents Essay and Reading 1 st Test)
2010: Foundation	4.0 GPA	Freshman Year South Georgia State Entry Level Program
2011: Decreased	3.46 GPA	Sophomore Year Valdosta State University
2012: Increased	3.49 GPA	Junior Year Valdosta State University
2013: Increased	3.60 GPA	Senior Year Valdosta State University
Deans list last 4 Consecutive Semesters: Spring 2012, Fall 2012, Spring 2013, Fall 2013		

Per Final Valdosta State University Transcript
Did Drop One Class During 5 Year Journey

Total Institution	3.60 GPA
Total Transfer	4.00 GPA
Overall	3.70 GPA

Graduated: CUM LAUDA

The U-Can! Man Four page flyer created for future VSU Blazers

5 To7 Year College Career Strategy (5-7YCCS)

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History: 1978-1982 High School GPA 2.07

End of Senior Over All GPA: 3.70

2009/2010 Complete Developmental Courses **Beginning Range Road**

South Georgia College (SGC) **Completed**

2010/2011 Complete Freshman Year **Short Range Avenue**

South Georgia College (SGC) **Completed 4.0 GPA**

Pass all parts of Georgia Regent test 1st Time

2011/2012 Complete Sophomore Year **Mid-Range Avenue**

Valdosta State University (VSU) **Completed 3.6 GPA**

2012/2013 Complete Junior **Long Range Avenue**

Valdosta State University (VSU) **Completed 3.44 GPA**

Spring/Fall Semester 2012 Made The VSU Dean's List

2013/2014 Complete Senior Year **Destiny Range Highway**

Valdosta State University (VSU) **Completed 3.70 Overall**

Spring/Fall Semester 2013 Made The VSU Dean's List

Became Member of Who's Who Among College Students at VSU- one of 105 out of 13000

2014/2015 Complete Master Degree in Social Work **Extra-Range Avenue**

Valdosta State University (VSU)

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The U-Can! Man Has Reach His Established Destiny Range Highway

Darrell from Athens, GA (Wal-Mart) 7 January 2013 **(7) Point Attack! Plan To/For John The U-Can! Man: Every day in 2013: 1) Be Motivated! 2) Be Committed! 3) Be Confident! 4) Realize it's Your Time! 5) Go Get It! 6) Graduate from College! 7) Know U-Can! MAN... U-Can**



“U-Can! Buy Your Swag. U-Can! Build Your Brand. Both Are Desired. I Choose Building My Brand First, Then Buying My Swag Second. The Choice Is Yours, Brand Before Swag Or Swag Before Brand.”

A native of Monticello, Florida, The U-Can! Man is all **21** of these and more:

Master of None, Expert of None, Major of None; However Give Hope In All

1. **Motivational Speaker** (Life Goal Building A Brand to help students race to the top)
2. **Husband**, married 22 years to the virtuous **Karen Yvette Isom** (Lowndes HS Grad)
3. **Father:** of Joshua (19), Caleb (16), Joy Marie (11), Christian (5), and Joel Isom (2)
4. **Ordained Elder- 4 Nov 2012** (Union Cathedral Church- Bishop Wade S McCrae)
5. **Sunday School Teacher** (for ages 9-13)
6. **CEO/Founder** of The U-Can! Man LLC www.johntheucanman.com
7. **Senior** at Valdosta State University (**earning a 3.65 GPA**)
8. **Son Joshua Isom** Valdosta State University Blazer Aug-2011-Dec 2012 (Took 17 Classes making 16-A's and 1-B. Made 4 consecutive Dean's list **earning 3.93 GPA**)
9. **Caleb-11th Grade** And Joy Marie Isom 5th Grades both A-B Students
10. **Christian Isom** passed Pre-k class 2011-12. Off to a good start in Kindergarten 2012
11. **5-Year member** of the Valdosta-Lowndes County Chamber of Commerce
12. **Retired Army Veteran** who served 25-plus years
13. **Author** of the book *Return To Honor: A Soldier Story* :
<http://eworksxl.myregisteredsite.com/matrix/servlet/ShowAsset?jsessionid=7526C4F3F63AB3E0153D9EEB21FAA921?id=40255115>
14. **2- Year Member Of** : The National Society of Leadership and Success
15. **Recommended** for Who's Who Fall Semester 2012 (Awaiting Results)
16. **Teacher/Instructor** 3 years Army Recruiting And Retention School (recognized for having 6 Consecutive Honor Graduates.
17. **Mentor Of The Year:** Jacksonville Army Recruiting Battalion 1992
18. **Member Of the 2013** Who's Who Among American College Students
19. **Requested** Anthony Williams Create "You Can" Song 2008 <http://youtu.be/VQDjiOTzyzY>
20. **Army Chaplain** Recruiting Team Achieved Mission **11 Qtrs/33** Consecutive months Jan-2005-Sept 2007 **during wartime**
21. **Preparing** to Author 2nd book base on 4 Year college Journey (July 2009-December 2013) to help future students. (**Main Emphasis/Focus African American Males**)

The U-Can! Man number-one goal in life is to help students from the very beginning—starting in head start and preschool programs—from Valdosta, GA to across the nation. The U-Can! Man believes that when our **Talk** (dialogue), **Walk** (deed), and **Work** (labor) are in synchronization, every child will be on the path to a life of success.