

The U-Can! Man would like to be your coach as you master the SKILL of education!



As I was just starting the first of my three required Spanish courses, my teacher said something that has stuck with me ever since. “Spanish is a SKILL, and it’s a skill you can learn and eventually master should you decide to.” This statement completely changed my perspective. I no longer saw it as “I need to get through three Spanish classes.” I saw it as “I am going to gain the SKILL of Spanish.” Soon, I was looking at all of my classes that way. They weren’t just stepping stones but skills that I could gain and maintain, and each skill was part of the larger skill of college.

Just as you gain skills to work your way up a job ladder, you gain new skills at each level in your educational career. Elementary school, middle school, high school, college, and beyond—each level provides you with a special skill set that builds upon the skills gained in the previous phase.

When you attack every challenge in life with the mindset that you are going to gain a new SKILL that will make you better in the future, every part of your life will be pointed in the direction of success. This applies to school, work, personal relationships, and hobbies/extracurriculars. Some skills you may master and some you may not, but the most important thing is to never give up!

Grade F stands for Forward

D stands for Doing Better

C stands for Catching On

B stands for Best Yet to Come

A stands for Attack!

Always remember U-Can!

Exert From Mandie Gossage and The U-Can! Man Book Graduating With Honor: If I Can, U-Can!

THE SOLUTION IS TELLING YOURSELF AND OTHERS U-CAN!

Just believing that you can increases your chances of success. The route ahead may not be known, but it's time for the train to leave the station. Remember back in preschool, or maybe in first grade, when you were first introduced to the I-Think-I-Can train? Well, you've come a long way since then, and it's time you got off the I-Think-I-Can train and on to the I-Know-I-Can train!

Realize that U-Can, because I know U-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! No matter how much, U-Can!

Get in touch with your Heart And Mind (HAM). The person you are is dependent on how your Heart And Mind perceive you. Don't let your imagination be your limitation. When you become your own partner and encourager, telling yourself that U-Can, the sun and moon can be yours. And even if you shoot for the moon and miss, you are still among the stars, all because U-Can! Now, it's time to get out there and, as the U-Can! Man's son Joshua Isom says, "Go for what you want, don't wait."

There's a really powerful three-letter word that you need to keep in your mental toolbox always. That word is TRY, which stands for:

T- Totally

R- Realizing

Y- You-Can!

If you're ever going to succeed, first of all, you need to TRY.

I'll end this chapter with these words, which I truly believe:

America, U-Can!

African Americans, U-Can!

Looked over, U-Can!

Left out, U-Can!

Downcast, U-Can!

Made fun of, U-Can!

Bullied, U-Can!

Mistreated, U-Can!

All of you currently thinking U-Can't ... U-Can!

The background features a warm, golden glow with soft clouds. Several white doves are shown in flight, some near the top and others near the graduate silhouette. A banner in the background reads "VALDO UNIVERSITY".

Graduating
WITH
HONORS

IF I CAN, U-CAN!

JOHN W. ISOM JR.
MANDIE GOSSAGE

Summary/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 cover date TBD, below is its 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

