

I'm The U-Can! Man I want to give hope by empowering, encouraging, and educating everyone I encounter.

After 50 Years (1964-2014), This Is My Story

How John Wallace Isom, Jr. Became The U-Can! Man

Pictured in July 2009 (before college): The U-Can! Man (44), bride Karen (married 17 years), Joshua (15), Caleb (13), Joy (7), Christian (2)



1. I am a King baby with a Dream, Conceived August 1963 Born 9 Months later 9 May 1964
2. Home Trained 1964-70, School Trained 1970-82 Jefferson County Florida (Graduated-2.07 gpa)
3. United States Army 25 ½ Years and 5 days. Retired with Honorable Discharged
4. Infantry Soldier 1982-1988 Army Recruiter 20 Years 1988-2007 (Sales Person)
5. Mentor of the Year 1990 Jacksonville Recruiting Battalion
6. Earned Highest recruiting awards in Army Recruiting offered.
7. M-16 Gunshot by Friendly Fire May 1983 4 Major Surgeries
8. 4 Ulcers almost dying on the 4th one. 80% disabled today
9. Designed morale ideas named Focused Appreciation Motivation (FAM) and Circle of Giants
10. Both were 100% adopted and implemented by the US Army Recruiting Command
11. Car Accident Fellow Soldier SGT Moore died I lived, I was driving the Car (Teeth Shifted)
12. Married 22 Dec 1990, and had 4 children while in the Army
13. Called into the ministry 1993, did first public Sermon Feb 1994 subject (Fight The Good Fight)
14. Introduced to the U-Can! Story August 2004 at Silas First Baptist Church (After Sunday School)
15. Start sharing the U-Can! Story at colleges in my assigned six state area, NY, CT, MA, NH, ME, RI
16. Started being called The U-Can! Man doing August 2004-November 2007 Period cover 6 states
17. With Bride Karen Y Isom started "Create Your Own Life Quote" Challenge
18. Assigned a 12 Member Team to Help Get the U-Can! Message of Hope out to the world
19. Started a Business after Army Retirement named it The U-Can! Man LLC 2008- 2010
20. State Of Georgia Dissolved Business 2010- Plan to Reinstate Business 2014

How I Graduated from College with Honors after My Five-Year Journey August 2009-December 2013

The U-Can! Man (49), bride Karen (married 23 years), Joshua (20), Caleb (17), Joy (11), Christian (6), and Joel (3)

The U-Can! Man & Bride Karen



Joshua



Caleb



Joy



Christian



Joel



Elder John Isom (4 Nov 2012)



Graduation (7 Dec 2013)



The U-Can! Achievement Vision

A- Achieve your dreams

C- Collectively succeed

H- Have extraordinary success

I- Ignite others

E- Experience the influence

V- Verbalize your dream

E- Evaluate your wins and loses

M- Make the impossible achievable

E- Enjoy the outcome

N- Never fail to make a decision

T- Take time to be thankful

The U-Can! Man Placed on Display Model

Your

Person On Display

Preparation On Display

Potential On Display

Performance On Display

Practice On Display

Everyday

Making Others Decide To Place You On Display

If I-Can, U-Can! Go from one A in high school to 30 A's in College! U-Can!



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Your Name: _____ 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

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

As proud as I am of my own achievements, it makes me even happier that my oldest son Joshua is following in my footsteps and racking up the awards. He's made the Dean's List four times in a row, and in his first 17 college classes he earned 16 A's, resulting in a 3.93 GPA. Maybe eventually he'll have earned more awards and recognitions than I have—but I plan to give him a run for his money!

This Is My Story



The U-Can! Man and Family's "Create Your Own Life Quote" Challenge

Individually Created Quotes to Live Up to (Example)

1: The U-Can! Man: "U-CAN!"

2: Karen Y Isom (bride of 23 years): "God is going to bless our family."

3: Joshua Isom (20): "Go for what you want, don't wait!"

4: Caleb Isom (18): "Do the basics your best, and you will be better."

5: Joy Isom (12): "Do your best by never believing something's not so!"

6: Christian Isom (6): "I'm fired up and ready to go!"

7: Joel Isom (3): To be created.

Today: Your Name _____

Your Created Life Quote:

Always Remember U-CAN!

Self-Quiz for Students (From Graduating With Honors: If I Can, U-Can!)

Many have asked me what my secret is that helped me go from a 2.07 GPA in high school to a 3.7 GPA in college. And in turn I've also asked many other college students performing at various levels academically what they thought was the key to scholastic success or failure. Some confided why they thought they were failing a class while others shared their tips for excelling. For five years, I asked these questions of myself and of other college students. One theme I noticed was that the students who were doing well asked more questions of themselves, doing self-assessments early and often. It seemed the main difference between those who succeeded and those who struggled was not how smart each student was but how early each student realized that he/she needed help.

After my second year of college, I started asking myself what I call the AT-PODS (AT – Possibility Opportunity Door Students) questions. I made it a point to try to have almost all “yes” answers. Mr. Charles Ward, my algebra professor at South Georgia College for three semesters, gave me some advice that helped me pass this self-test: “John, you have learned many ways to learn in your college classes. Make sure you remember that one size does not always fit all. Make sure you always remember modification. You may have to modify some of the techniques you have learned in order to do well in your future classes.” As you use this exam to assess your current performance, also assess your learning techniques. Mastering the art of knowing when to modify can make all the difference. Why am I doing well or not doing well in class?

AT-PODS Questions:

- 1) Y__ N__ Did I come to class every day?
- 2) Y__ N__ Did I take notes and participate during class?
- 3) Y__ N__ Did I study with my best effort?
- 4) Y__ N__ Did I speak with my professor about any concerns?
- 5) Y__ N__ Did I realize I was having problems comprehending?
- 6) Y__ N__ Did I use any resources available for assisting me?
- 7) Y__ N__ Did I take advantage of the Student Success Center?
- 8) Y__ N__ Did I have a clear understanding of the class syllabus?
- 9) Y__ N__ Did I notify my classmates when I was struggling in class?
- 10) Y__ N__ Did I do my best every day in class?
- 11) Y__ N__ Did I have fun?
- 12) Y__ N__ Did I blame other people for anything?
- 13) Y__ N__ Did I believe U-CAN? (U-You C-Capture your message, moments, and memories A-Attack every assignment with your best effort N-Never be defeated)

Tally up the number of yeses and the number of nos throughout your school year:

Where I Am:	# of Y Answers:	# of N Answers:	Should I Make a Modification?
After my first week of a new semester			
After my first exam			
After my midterm			
After my final exam			
After finishing all classes for the semester			

I don't believe in the term “at-risk student.” When I first started college, I was not at-risk but AT-PODS, and if you track your performance using this quiz, you will be too.

Chapter Two: Three-Step Plan of Attack

It's not only about how **U-START**, it's not only about how you're doing in the **MIDDLE**, and it's not only about how **U-FINISH**. It's all about how **U-CONTINUE**, transitioning from beginning to middle to end and beyond. Every moment counts, and being able to adapt to change is crucial.

Keeping this truth in mind, I knew that I had to come up with a single plan that would motivate me and see me through my entire college career and whatever came next. And so I began to think of the challenge as being broken up into three separate stages:

- 1) The I-Can! U-Can! Stage—believing that U-Can. Using your belief to inspire others.
- 2) The I'm Doing It, U-Can! Stage—proving that U-Can. Using your success to inspire others.
- 3) The I Did It, U-Can! Stage—having successfully achieved your goal, using your story to inspire others.

U-CAN!

“It always seems impossible until its done” Nelson Mandela

The U-Can! Man LLC Staff of 12 Advisors United By God

Leader: The Lord Jesus Christ

Guide: The Holy Spirit

24 July 2008

Purpose: Get The U-Can! Message of Hope Out Through

- 1: The U-Can! God Word (The Bible)
- 2: The U-Can! Man Website www.johntheucanman.com
- 3: The U-Can! Man Brochure
- 4: The U- Can! Man News Letter
- 5: The U-Can! Man "No Lord" Video

1. *The U-Can! Man* : John Wallace Isom Jr **Georgia**
2. *Pastor/Spiritual Advisor*: Bishop Wade S. McCrae **Georgia**
3. *Senior Advisor*: Karen Y Isom (Bride of 23 Years) **Georgia**
4. *Project Leader/Graphic Designer*: Cirena Evenson **Illinois**
5. *Editor Advisor*: Mandie Gossage **Illinois**
6. *Intercessory Prayer Warrior Advisor*: Ethel Doyle **Maine**
7. *Author/publisher Advisor* : Lorraine Thomas **Georgia**
8. *Iron Sharpens Iron Advisor*: Darryl Smith **Ohio**
9. *Manifested Destiny Advisor*: Reginald Isom **Florida**
10. *CPA/Financial Advisor*: Michelle Hayes **Georgia**
11. *Mentor and Coach Advisor*: Coach Carla **Georgia**
12. *Business Advisor*: Edward Carter **Georgia**
13. *Keeping it Simple Advisors*: Joshua 20, Caleb 18, Joy 12, **Georgia**
Christian 6 and Joel Isom 2

One Size Fits All Approach:

Thanks Dr Chet Ballard

Senior Capstone, Sociology 4990 Fall Semester 2013

Sign Your Name If You Agree To U-CAN!

Your Name: _____ Date _____

I agree To Perform U-CAN! _____ Semester _____

Email Me Your Results: theucanman@gmail.com Or jisom@valdosta.edu

The U-Can! Man, My U-CAN! Grades: 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___



5 Years (2009-2013) Later I have Mastered U-CAN!

U- U- (YOU)

C- Capture Your Message-Moments-Memories

A-Attack Every Syllabus With Your Best

N- Never Ever Give Up!

CAN-U

The U-Can! Man & Mandie Gossage Innovative book to be released December 2013. The goal is to teach/show U-CAN! This is a proven recipe for success.

Success Equals: I-Can! U-CAN!

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Secretary Ernie Duncan

Before 20 October 2009 The Next Show

After receiving Our Publisher Lorraine Thomas proposed Front Cover for Mandie Gossage book on 10 November 2013, I was in our bedroom flipping through the channels trying to find a football game. I ran across the Georgia Public Broadcasting Station and notice the Secretary of Education Ernie Duncan was holding a town hall type session. With our book on the verge of being release I took time to watch the rest of the session. I took notes and had our book project in mind. I notice that their were many ideas and thoughts that Secretary Duncan addressed. The main point was America had a 30% drop out rate. He also kept talking about high performing school and what they seem to have in common. One of the main things he kept saying was theses schools had a lot of Best items occurring daily. They were:

Best Practice

Best Incentives

Best Talent

Best Principles

Best Teachers

Best Students

Best Pay

Best Turn abounds

Best Parents

Best Performing

- We have 2000 Schools that produces 80% of the drop outs in America.
- There is negative peer pressures and positive peer pressures.
- Most of the times negative peer pressures get the press/spotlight
- We need to highlight the positive peer pressures situations they need press.
- African Americans and Latinos are a majority part of America's 30% drop out rate
- Poverty is real and plays a part in the daily decision of parents who live in poverty.
- However we must seek out ways to help the children and families, they deserve a chance.
- America's Parents have to be held more accountable and responsible.
- America's Teachers have to expect great things from our students and be ready to help.
- America's Students have to be held accountable and responsible for learning to learn,
- America needs a dramatic decrease in our dropout rate.
- America needs a dramatic increase in our graduation rate.
- We need this decrease and increase as soon as possible.
- Parents should not have to choose between work and students teacher meetings.

- Parent and Teacher teams need to be experiencing successful moments together.
- Involvement, great expectations, and safe schools is a standard that must be reality
- Children perform best when they have full knowledge that their school is safe and secure.
- Safe and secure involve on their way to school, at school, and from school this is key.
- Everyone needs to involved in keep our school safe, the janitor, cooks, custodian and
- Teachers, full time and part time, substitute teachers, and anyone in place and position.
- Team work is the foundation to having safe school and a culture of amazing learning.
- Parents have to step up, Teachers need to step up and students need to step up.
- Parents are children first teachers and longest teachers, their role is never ending.

The U-Can! Man Mission Given By God In the Year 2002 Start Date In the Year 2008

U-CAN! 10 City Mission

And when he was come into the ship, he that had been possessed with the devil prayed him that he might be with him. Howbeit Jesus suffered him not, but saith unto him,

1: Go home to thy friends, and

2: Tell them how great things the Lord hath done for thee,

3: And hath had compassion on thee.

And he departed, and began to publish in Decapolis how great things Jesus had done for him: and all men did marvel. Mark 5:18-20 (King James Version)

Florida 5 (Blue Team)

1: Monticello FL

2: Tallahassee FL

3: Jasper FL

4: Madison FL

5: Lake City FL

Georgia 5 (Red Team)

1: Valdosta GA

2: Tifton GA

3: Thomasville GA

4: Homerville GA

5: Moultrie GA

U-Must Believe

1: U-CAN!- ***Then Know***

2: U-COULD!- ***Then Today***

3: U-CONTINUE!- ***Because***

4: *If I-Can, U-Can!*- ***Show and Tell Others***

5: *U-Can!*- ***Today***

