

# John Foxwell

Richmond, Virginia 23294 • (757)718-3884 • johnafoxwell@gmail.com

## Objective

Young professional looking to apply my academic background, professional and research experience towards pursuing a career in software development. Having familiarized myself enough with HTML and CSS to create a personal website highlighting my interest and future work projects.

## Skills

- Research
- Quality Control
- Attention to detail
- Team Leadership
- Results-driven
- Time management

## Education

Christopher Newport University - Newport News, VA  
August 2015 - May 2019  
B.S., Neuroscience  
Minor in Leadership Studies

## Work Experience

### Apprentice Electrician | 05/2022 to 09/2022

ADT Solar - Richmond, VA

- Installs of electrical service equipment, wiring, and devices required for the installation of residential solar systems
- Ensured all work meet or exceeded National Electrical Code as well as local requirements
- Worked with local county inspectors in carrying out final inspections and inspection corrections

### Contractor | 09/2021 to 05/2022

VF Contractors, LLC. - Richmond, VA

- Co-Founder of a small home improvement business and Co-responsible for finding listings and working with clients to schedule projects and inspections
- Managed sub-contractors in overseeing completion of work
- Basic experience with how construction drawings are organized and how information is referenced throughout the construction documents with a certificate in Construction Blueprint Reading.
- Fundamental understanding of AutoCAD's interface and features

### Seasonal Contractor | 05/2021 to 08/2021

Nadder's Home Improvement - Richmond, VA

- Worked on various tasks including interior and exterior work on home renovations such as door, window, and deck renovations as well as kitchen demos and remodels

**Sample Management Coordinator** | 07/2019 to 04/2021

Pharmaceutical Product Development - Richmond, VA

- Performed standard tests on samples in accordance with laboratory requests while ensuring compliance with applicable Standard Operating Procedures (SOPs)
- Communicated status of samples to senior laboratory staff while also advising same personnel in sample procedures
- Handled inventory flow of critical lab materials and specimens in accordance with industry standard storage and delivery processes

**Sample Management Intern** | 05/2018 to 08/2018

Pharmaceutical Product Development - Richmond, VA

- Became proficient in laboratory Standard Operating Procedures as well as proper lab documentation and safety techniques
- Worked closely with Management in assisting different teams with carrying out daily operations

**Research Assistant** | 05/2017 to 07/2017

Christopher Newport University - Newport News, VA

- Worked under the Dean of Neuroscience at CNU assisting research heads in the conduct of experiments which consisted of conducting behavioral trials on individual fish and shoals of fish. Studied topics of decision making, stress and aggression
- Worked with regulatory bodies including IACUC and Responsibility to Conduct Research