

JOHN FOX

520 Marshall Street, Duluth, MN • johnmcgranefox@gmail.com • 218-340-5080

Education

Medical College of Wisconsin

Doctor of Medicine

Wausau, WI

July 2024 - Expected May 2027

- USMLE Step 1: Pass
- USMLE Step 2 CK: 256

University of Minnesota

Master of Science in Chemistry

Duluth, MN

September 2019 - August 2021

- GPA: 4.0

Carleton College

Bachelor of Arts in Chemistry, *cum laude*

Northfield, MN

September 2012 - June 2016

- GPA: 3.8

Honors & Awards

Community Engagement Award, Medical College of Wisconsin; Wausau, WI

August 2025

- Awarded funding for project to better understand well water testing adherence in Wisconsin

Cum Laude, Carleton College; Northfield, MN

June 2016

- Top 30% of graduating class at Carleton College

Academic All-Conference Soccer, MIAC; Bloomington, MN

January 2016

- Recognized by the Minnesota Intercollegiate Athletic Conference for high academic achievement as a Division III student athlete

Harriet Sheridan Endowed Prize, Carleton College; Northfield, MN

May 2015

- Awarded to two outstanding writers in each Carleton College class based on writing portfolio
- \$750 financial prize in recognition of exceptional writing ability

Research & Laboratory Experience

Mayo Clinic Health System

Research Intern, PI: Igor Dumic, MD

Eau Claire, WI

July 2025 – June 2026

Cerebrospinal Fluid Findings among Patients with Anaplasmosis and Central Nervous Involvement, Minnesota and Wisconsin, USA

- Conducted a literature review of published CSF findings in neurologic anaplasmosis cases
- Compiled reference table comparing published CSF profiles with institutional case data

Patient Characteristics and Reasons for Readmission Within 48 Hours of Hospital Discharge

- Performed retrospective chart review for an IRB-approved study of 48-hour hospital readmissions
- Abstracted clinical variables to support data analysis and manuscript preparation

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Medical College of Wisconsin

Medical Student, PI: Corina Norrbom, MD

Wausau, WI

July 2024 – August 2026

Evaluating Awareness of Well Testing Recommendations and Fish Consumption Advisories in Central Wisconsin

- Designed and administered a bilingual community survey assessing awareness of well-water testing, fish consumption advisories, and environmental health communication
- Collected and analyzed survey data from Central Wisconsin residents to identify knowledge gaps, barriers to recommended practices, and preferred communication strategies
- Collaborated with community partners to conduct community outreach and develop culturally appropriate survey materials

Department of Chemistry, University of Minnesota

Graduate Student Researcher, PI: Melissa Maurer-Jones, PhD

Duluth, MN

September 2019 – August 2021

Microplastics in the Water Column of Western Lake Superior

- Developed Python module to automate spectral analysis and detection of microplastics via FTIR microscopy
- Authored master's thesis consisting of original research and comprehensive statistical analyses
- Routinely presented results and progress to professors and peers both verbally and in writing

Department of Chemistry, University of Illinois

Snyder Scholar, PI: Scott E. Denmark, PhD

Urbana-Champaign, IL

June 2015 – August 2015

Phase Transfer Catalysis: An Investigation of the Asymmetric Catalytic Capacities of 10,11-Didehydro-coupled Cinchona Alkaloids in the [2,3]-Wittig Rearrangement

- Selected as a 2015 Snyder Scholar to conduct graduate level organic chemistry research at the University of Illinois
- Synthesized, characterized, and tested a novel set of asymmetric phase transfer catalysts
- Collaborated with group members, regularly recorded and communicated experimental results
- Presented findings at summer poster sessions at the University of Illinois and Carleton College

Publications

Peer-Reviewed Journal Articles

1. Dumić I, Nordstrom CW, Schulz M... **Fox J**, et al. *Cerebrospinal Fluid Findings among Patients with Anaplasmosis and Central Nervous Involvement, Minnesota and Wisconsin, USA*. *Emerging Infectious Diseases*. 2026;32(6):844-850. doi:10.3201/eid3206.260240.
2. **Fox J**, Schwoerer G, Schreiner K, Minor E, Maurer-Jones M; *Microplastics in the Water Column of Western Lake Superior*. *ACS EST Water* 2022;2(10):1659-1666. doi.org/10.1021/acsestwater.2c00169

Presentations

Poster Presentations

1. **Fox J**. (2026, August 5). *Evaluating Awareness of Well Testing Recommendations and Fish Consumption Advisories in Central Wisconsin* [Poster presentation]. Physician in the Community Scholarly Project Showcase 2026, Wausau, WI, United States.

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2. **Fox J**, Denmark SE. (2015, October 23). *Phase Transfer Catalysis: An Investigation of the Asymmetric Catalytic Capacities of 10,11-Didehydro-coupled Cinchona Alkaloids in the [2,3]-Wittig Rearrangement* [Poster presentation]. 2015 Carleton College Student Research Symposium, Northfield, MN, United States.
3. **Fox J**, Denmark SE. (2015, July 23). *Phase Transfer Catalysis: An Investigation of the Asymmetric Catalytic Capacities of 10,11-Didehydro-coupled Cinchona Alkaloids in the [2,3]-Wittig Rearrangement* [Poster presentation]. 2015 Illinois Summer Research Symposium, Urbana-Champaign, IL, United States.

Leadership Experience

Student Wellness Organization

Wausau, WI

Vice President

January 2025 – January 2026

- Promoted student wellness by starting weekly run club, managing community garden plot, coordinating sleep hygiene presentation, and organizing post-exam trivia nights

Wilderness Medicine Organization

Wausau, WI

Vice President

January 2025 – January 2026

- Organized all-class ski outing, wilderness escape room activity, and wilderness medicine guest speakers

Internal Medicine Interest Group

Wausau, WI

Treasurer

January 2025 – January 2026

- Managed expenses related to group programming including educational

Marshall School

Duluth, Marshall

JV Soccer Coach

August 2018 – October 2021

- Planned practices and coached and occasionally refereed games
- Coordinated with coaches, athletic directors, and parents to ensure a positive experience for players

Carleton College

Northfield, MN

Residential Assistant

August 2013 - June 2015

- Facilitated community growth, healthy living, and cooperation amongst 40+ residents
- Collaborated and programmed with multiple campus resources

Volunteer Experience

Wausau Free Clinic

Wausau, WI

Medical Student Volunteer

July 2024 - August 2026

- Provided primary care services for uninsured and low-income patients at the Wausau Free Clinic, serving diverse and medically underserved populations

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Hmong & Hispanic Communication Network Project Mobile Vaccine Clinic

Wausau, WI

Medical Student Volunteer

July 2024 - August 2026

- Delivered preventive care and patient education through mobile health clinics across Central Wisconsin, including bilingual (English/Spanish) communication with underserved communities

Courage Kenny Rehabilitation Institute

Duluth & Minneapolis, MN

Volunteer Adaptive Ski Instructor

November 2019 - March 2024

- Received comprehensive instructor training to become lead adaptive bi-ski instructor
- Enabled adaptive ski participants with varying mental and physical abilities to experience assisted skiing

Marshall School

Duluth, MN

Volunteer Nordic Ski Coach

December 2019 - February 2022

- Skied with athletes during workouts and prior to races to motivate them and help them achieve their personal and team goals
- Planned team logistics with other coaches and prepared equipment prior to race weekends

Age Well Arrowhead

Duluth, MN

Volunteer

April 2020 - August 2020

- Delivered groceries to senior citizens in the community during the COVID-19 pandemic

Salud Igual Para Todos

Tumbaco, Ecuador

Medical Volunteer

April 2018 - March 2019

- Volunteered for a total of 350 hours across two volunteer trips to Ecuador
- Communicated in Spanish and assisted clinic staff with registration, vitals, and vaccinations

Carleton College Young Chefs

Northfield, MN

Student Volunteer

January 2015 - June 2015

- Worked with underprivileged area youth to foster important life, science, and cooking skills

Teaching/Mentoring Experience

Medical College of Wisconsin

Wausau, WI

Big Sib Program

July 2025 - August 2026

- Mentored three first-year medical students in academics, wellness, and professional development throughout their first year of medical school

Medical College of Wisconsin

Wausau, WI

Admissions Representative

November 2024 - July 2025

- Served as a campus representative and peer advisor during the admissions process for prospective and recently admitted medical students

Wisconsin Area Health Education Center

Wausau, WI

Student Mentor

November 2024 - June 2025

- Shared personal journey with prospective medical students in the Advocates in Medicine Pathway by serving as a student panelist

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Medical College of Wisconsin

USMLE Step 1 Exam Tutor

Wausau, WI

March 2026 - July 2026

- Mentored first-year medical students in a six-month USMLE Step 1 preparation program through monthly small-group tutoring and board preparation

Emergency Physicians Professional Association

Scribe Trainer

Bloomington, MN

June 2017 – April 2018

- Trained and mentored 10 new emergency department scribes through approximately 80 one-on-one clinical shifts, providing instruction in documentation, workflow, and clinical reasoning

Carleton College

Chemistry Tutor

Northfield, MN

October 2015 - March 2016

- Assisted students with organic chemistry problem sets in groups and one-on-one

Work Experience

Shutterfly

Data Analyst

San Jose, CA (remote)

June 2023 - May 2024

- Worked with email marketing team on A/B testing and e-commerce data analysis

IXIS

Data Analyst

Burlington, VT (remote)

April 2022 – June 2023

- Developed novel analyses and data visualizations on an agile client strategies data science team
- Collaborated with data engineering and development teams to ensure data integrity and accuracy

University of Minnesota

Graduate Student Researcher

Duluth, MN

September 2019 - August 2021

- Maintained and cleaned laboratory equipment and instrumentation
- Developed novel data pipeline for automatic microplastic particle detection via FTIR microscopy

Emergency Physicians Professional Association

Medical Scribe

Bloomington, MN

November 2016 - April 2018

- Composed comprehensive provider notes for >4000 emergency department patient encounters
- Interfaced with physicians, nurses, and EMTs to ensure accurate documentation using Epic

Carleton College

Residential Assistant

Northfield, MN

August 2013 - June 2015

- Facilitated community growth, healthy living, and cooperation amongst 40+ residents

Professional Trainings/Certifications

Basic Life Support, American Heart Association, Active

April 2026

Professional Societies

American Medical Association

July 2024 - December 2028

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American College of Physicians

July 2024 - June 2027

Languages

Spanish – Good

Hobbies & Interests

- Nordic Skiing: member of Twin Cities Ski Club, Elite wave qualifier at the American Birkebeiner – the largest Nordic ski race in North America
- Mountain Biking: regularly race across the Upper Midwest
- Trail Running: favorite way to spend time in the woods; completed three 50 km ultramarathons
- Reading: favorite authors include Dr. Abraham Verghese, Erik Larson, Moritz Thomsen, JRR Tolkien, Gabriel García Marquez, John Irving,
- Miscellaneous: maps, weather & climate, human performance, Spanish, language, history