



## JULIA A. SHERWOOD

Associate

San Diego

858.666.3336

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### Service Focus

- Consumer Privacy Team
- Counseling and Advice
- Employee Leaves and Accommodations
- Employment Discrimination and Harassment

## OVERVIEW

Julia is an attorney in the San Diego office who advises employers on a range of workplace matters. She represents clients in matters involving the Americans with Disabilities Act (ADA); Title VII discrimination, retaliation, and harassment; the Family and Medical Leave Act (FMLA); the Age Discrimination in Employment Act (ADEA); wrongful termination; and wage and hour laws.

Julia graduated Order of the Coif and *magna cum laude* from the University of San Diego School of Law. While at USD Law, she was a member of the *San Diego Law Review* and served as the Lead Articles Editor. Julia was inducted into the International Legal Honor Society of Phi Delta Phi and was a research assistant for Vice Dean and Professor of Law, Margaret Dalton, focusing on special education law. In addition, she received the CALI award in Federal Courts.

During law school, Julia externed for the Honorable Janis L. Sammartino and the Honorable Michael M. Anello in the U.S. District Court for the Southern District of California.

Julia received her B.A. in English and Philosophy, graduating Phi Beta Kappa and *summa cum laude* from the University of San Diego, where she was also a member of the Division I Women's Soccer team.

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## Credentials

### Education

- University of San Diego School of Law, J.D., *magna cum laude*, 2021
- University of San Diego, B.A., *summa cum laude*, 2016

### Bar Admissions

- California

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## Recognitions

- Phi Beta Kappa
- Order of the Coif
- CALI Award in Federal Courts

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## Affiliations

### Professional Activities

- Lawyers Club of San Diego
- San Diego County Bar Association

### Community Activities

- San Diego Clean State Clinic
- Children's Advocacy Institute

# INSIGHTS

**Insights**

**Apr 15, 2025**

Federal Officials Launch Title IX Special Investigations Team – The 5 Things Higher Education Institutions Need to Do

**Insights**

**Feb 2, 2024**

Workplace Law Update: 10 Essential Items on Your February To-Do List

**Insights**

**Feb 1, 2024**

FP Super Bowl Predictions! (And Some Workplace Advice for Employers While We're At It)

**Podcasts**

**Aug 2, 2023**

Podcast: Common Wage Hour Myths and Misclassifications for Healthcare Employers

**Event**

**Jul 12, 2023**

Wage and Hour Wednesdays: Common Wage and Hour Myths and Misclassifications for Healthcare Employers

**Insights**

**Jul 7, 2023**

Top Workplace Law Stories You May Have Missed from June 2023