



Julia A. Sherwood

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Service Focus

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

Trending

- U.S. Privacy Hub

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.

Credentials

Education

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

Bar Admissions

- California

Recognitions

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

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

04/15/25

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

Sheila M. Abron, Sean McKaveney, Stephanie Reynolds, Julia A. Sherwood

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INSIGHTS

02/02/24

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

Steven M. Bernstein, Amanda M. Blair, Risa B. Boerner, Kathleen McLeod Caminiti, Melissa Camire, Patrick J. Collopy, Tami Essis Culkar, J. Micah Dickie, Benjamin M. Ebbink, Anthony Isola, Sean Kingston, Casandra Ozcimder, Abby H. Putzulu, Melody L. Rayl, Julia A. Sherwood, Andrew J. Sommer, Sharon Suh, Henry Thomson-Smith, J. Hagood Tighe, David Witkin

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INSIGHTS

02/01/24

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

Melody L. Rayl, Julia A. Sherwood, David Witkin

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PODCASTS

08/02/23

Podcast: Common Wage Hour Myths and Misclassifications for Healthcare Employers

Megan L. Janes, Julia A. Sherwood, J. Hagood Tighe

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EVENT

07/12/23

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

Megan L. Janes, Julia A. Sherwood

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INSIGHTS

07/07/23

Top Workplace Law Stories You May Have Missed from June 2023

Alyssa Levy Andalman, Amanda M. Blair, Risa B. Boerner, Suzanne K. Bogdan, Michael E. Bonner, James S. Bradbury, Melissa Camire, Jennifer B. Carroll, Myra K. Creighton, Jeffrey M. Csercsebits, Deepa K. Desai, Benjamin M. Ebbink, Michael P. Elkon, Darcey M. Groden, Brian Guerinot, Andrew J. Hoag, Wendy Hughes, Matthew R. Korn, Anne Yarovoy Khan, Kenneth A. Knox, Emily N. Litzinger, Todd A. Lyon, Danielle Hultenius Moore, Joshua D. Nadreau, Raymond W. Perez, George A. Reeves III, Justin Reiter, Jenna B. Rubin, Nan Sato, Julia A. Sherwood, Kristin L. Smith, Shane Stover, Henry Thomson-Smith, Megan E. Walker, David J. Walton, Sheila M. Abron, Erica G. Wilson, Franklin Z. Wolf

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INSIGHTS

06/29/23

SCOTUS Severely Limits Affirmative Action Admissions in Education: 6 Things You Should Do + 6 Things to Boost Diversity Efforts

Suzanne K. Bogdan, Jennifer B. Carroll, Brian Guerinot, Jenna B. Rubin, Julia A. Sherwood, Kristin L. Smith, Sheila M. Abron

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INSIGHTS

01/11/23

FP SCOTUS Predictions: Supreme Court Set to Scrap Affirmative Action Admissions in Education

Suzanne K. Bogdan, Brian Guerinot, Julia A. Sherwood, Kristin L. Smith, Sheila M. Abron

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PUBLICATION

09/21/22

Partners Caution Employers on Potential First Amendment Violations

Jennifer B. Carroll, Julia A. Sherwood

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INSIGHTS

07/06/22

The Top 18 Workplace Law Stories from June 2022

Phillip C. Bauknight, Risa B. Boerner, Kathleen McLeod Caminiti, Melissa Camire, Jennifer B. Carroll, Barbara Jean D'Aquila, Patrick W. Dennison, Benjamin M. Ebbink, Jeffrey A. Fritz, Abby H. Putzulu, Nicholas S. Hulse, Usama Kahf, Todd B. Logsdon, Lorie Maring, Curtis G. Moore, Catharine Morisset, Joshua D. Nadreau, Alden J. Parker, Monica Snyder Perl, Lisa Nagele-Piazza, Ron M. Pierce, Erin Price, Julia A. Sherwood, Hannah Sweiss, Henry Thomson-Smith, Shaun J. Voigt, Kristin R.B. White, Arthur M. Wolfson

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