

Sophia Paslaski

Bar Admissions

Maine | 2025

Education

University of Maine School of Law | Portland, ME | 2025

JD

- 2023 Graduate Research in Science and Technology Studies (GRISTS) Conference at Harvard Kennedy School
 - “Move Fast and Unionize Things” paper presented
- 2024 Helsinki Information Law Moot Court Team
 - Team award for Best Brief
- Co-founder of the Maine Law Workers’ Rights Organization (WRO)

University of York | York, UK | 2019

MA Comparative and International Social Policy, *Distinction*

- Thesis: “Nevertheless, Mom Persisted: Lone Mothers and Workers’ Compensation Policy in the US and France”

Emerson College | Boston, MA | 2015

BA Visual and Media Arts (Film Production), *Magna cum laude*

Publications

Articles

- *Lawfare*, November 2024, “[Organized Labor is Key to Governing Big Tech](#)”
- *Otherwords.org*, September 2020, “[Ginsburg Would Want Women to Fight, Not Despair](#)”
- *Inequality.org*, August 2020, “[Call the Victory Women](#)”
- *Inequality.org*, July 2020, “[SCOTUS’ Birth Control Decision Favors Medicare for All](#)”
- *Concord Monitor*, October 2018, “[Hard data about social programs and inequality](#)”
- *The New Yorker*, Daily Shouts & Murmurs, April 2015, “[Medieval Internship](#)”

Reports

- [Silver Spoon Oligarchs](#), 2021 (co-author)
- [Racial Wealth Divide 2020](#), 2020 (co-author, uncredited)
- [Billionaire Bonanza 2020](#), 2020 (co-author)

Recent Experience

Grael law offices, p.l.l.c. | September 2025 – present

Attorney

- Attorney representing injured workers in Longshore and Defense Base Act claims

Grael law offices, p.l.l.c. | 2022 – September 2025

Defense Base Act Workers’ Compensation Paralegal

- Work for a lawyer representing workers from the U.S., Afghanistan, North Macedonia, Kosovo, and Kenya who were injured in their employment with U.S. defense contractors
- Assist at trial, draft post-hearing briefs, draft demand letters, prepare discovery materials
- Conduct legal and other research and compile findings into legal memos

Maine Workers’ Compensation Board (Portland Advocate Office) | January – May 2025

Legal Extern

- Work on Maine state workers' compensation cases analyzing medical records, drafting requests for provisional orders, drafting requests for expert opinions, conducting client intake interviews, and covering for an attorney on leave

Maine Law Refugee and Human Rights Clinic | August 2024 – January 2025

Student Attorney

- Represented a client applying for asylum
- Conducted legal research on asylum law, drafted and filed FOIA requests, drafted and filed I-589 asylum application and related paperwork, drafted client's declaration, conducted client fact-gathering interviews, and researched country conditions
- Represented clients in Lewiston District Court on Protection from Abuse days; successfully won PFA order on behalf of client and defended against counter-PFA

Communications Workers of America | 2022

Freelance Researcher

- Provided research for comments submitted to the FTC and DOJ
- Gathered data on over 300 local papers to show changing subscription prices in the news industry

Institute for Policy Studies (Program on Inequality) | 2020 – 2022

Research, Communications, and Development Assistant

- Co-authored 3 reports on economic inequality and produced [The Wealth Hoarders video series](#)
- Member of the IPS Workers United (The NewsGuild-CWA Local 32035) bargaining committee

Victory Women of Vision | 2019

Program Associate

- Helped write and implement a grant for a program for New American high schoolers in Manchester, NH