Alumni Spotlight: Lauren Lindsay, Associate at Quinn Emanuel Urquhart & Sullivan, LLP

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LAUREN LINDSAY is an Associate at Quinn Emanuel Urquhart & Sullivan, LLP. She graduated in 2008 with a Political Science degree.
Lauren’s interest in law began with a childhood argument between herself and a friend, who told Lauren that she should be a lawyer. “She may not have meant that in a good way, but it got me thinking,” said Lauren. This spark of interest followed her into high school, where she joined her school’s mock trial team. At that point she knew exactly what she would study in college. Lauren came to Cal Poly as a Political Science major and went on to obtain a minor in Psychology, as well as a concentration in Pre-Law, and by graduation she would leave a lasting legacy on campus.

Disheartened by the fact that Cal Poly had no mock trial club at the time, Lauren worked with Dr. Moore in her junior year to create the first team on campus. They went to a handful of competitions, and the experience of that first team led to the club being added as the class that students enjoy today. Lauren also contributed to campus by becoming a LINKS mentor in her sophomore year, helping at-risk freshmen with their work and guiding them through the challenges of their first year at college. She further helped students by working for Student Support Services as a writing advisor in the last half of her college career.
Cal Poly assisted Lauren by supporting her development through opportunities for internships, which contributed to her present successes. In the summer between her junior and senior years Lauren got a job at the Monterey County District Attorney’s Office in the Domestic Violence Unit, where she worked one-on-one with an attorney to prepare for a murder trial. This internship was a great learn-by-doing moment for her and she cites this experience as one of the reasons she got into law school. Lauren’s favorite class at Cal Poly was Civil Liberties, taught by Dr. Den Otter, because it exposed her to the type of class she would be taking in law school and because of Dr. Den Otter’s lively and engaging presentation of the material.

Lauren graduated in 2008 and went directly to the UCLA School of Law. In between each year in law school, she acquired real-world legal experience from multiple jobs. Even before going to college, Lauren had worked for a federal district court judge as an extern (short-term intern), which gave her a “behind-the-scenes look” at the judiciary. While at UCLA, she worked as a Summer Associate at Quinn Emanuel Urquhart & Sullivan, LLP, where Lauren currently works today. Then, about a year after graduating from law school and starting as an Associate at Quinn Emanuel, she took the opportunity to spend a year clerking for a federal judge in the United States District Court for the Central District of California. This was a great learning experience for Lauren, who says, “It really helped me to understand the life-cycle of a case because you get to see cases at all different stages.” The clerkship helped her hone her skills and gave her a high degree of access to the decision-making process of the court, teaching her valuable lessons about the most effective way to present an argument.

Once her clerkship was over, Lauren rejoined Quinn Emanuel as an Associate, where she specializes in business litigation. Her responsibilities cover a wide range of skills, from legal research and writing briefs to preparing for settlement conferences and trials. Lauren has been back with Quinn Emanuel for almost two years now, and although her focus is in business law, she also has an interest in pro bono work.

Lauren says the most important thing for students to know before studying law is to be sure that a career as a lawyer is what they truly want. Student debt is her main worry for students today. Lauren explained that students should not “just go to grad school because you’re not really sure what else to do.” Lauren’s experiences at Cal Poly contributed to where she is today,
Lauren Lindsay

and she hopes that others seize the opportunities they have in college to get practical experiences in courts and law offices prior to embarking on a legal career to get firsthand exposure to what the day-to-day operations are like.