

→ Lauren A. Howes

Associate
501 West Broadway
18th Floor
San Diego, CA 92101

T: +1.619.338.6568
lhowes@sheppardmullin.com

Lauren Howes is an associate in the Business Trial Practice Group in the firm's San Diego (Downtown) office.

Prior to joining the firm, Lauren served as a judicial law clerk to U.S. District Judge Sheri Polster Chappell in the Middle District of Florida and U.S. Magistrate Judge Michelle M. Pettit in the Southern District of California.

Lauren also served in the United States Navy Judge Advocate General's (JAG) Corps, where she litigated more than 20 cases as lead counsel and routinely provided investigative guidance to federal law enforcement. Her background includes experience in both military criminal prosecution and appellate-level criminal defense.

Lauren is an associate in the Hon. William B. Enright American Inn of Court.

Practices

Class Action Defense
Financial Services Litigation
Litigation
Securities Enforcement

Industries

Mortgage Banking
Multifamily Housing

Education

J.D., University of Virginia School of Law, 2018
B.S., Stevenson University, 2014

Clerkships

Judicial Law Clerk for the Honorable Michelle M. Pettit, U.S. District Court for the Southern District of California, 2024-2025

Judicial Law Clerk for the Honorable Sheri Polster Chappell, U.S. District Court for the Middle District of Florida,
2022-2024

Admissions

California

District of Columbia

Pennsylvania

United States Navy-Marine Corps Court of Criminal Appeals

United States Court of Appeals for the Armed Forces