



→ Rachel Schuster

Associate

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Rachel Schuster is an associate in the Labor and Employment Practice Group in the firm's San Diego (Del Mar) office.

Areas of Practice

Rachel defends employers of all sizes in a broad range of employment matters, including claims of discrimination, retaliation, harassment, wrongful termination, wage and hour disputes, and contract issues. She has experience handling single-plaintiff lawsuits, class actions, and PAGA cases in both state and federal courts, as well as representing clients in mediation and arbitration.

In addition to her litigation practice, Rachel conducts workplace investigations, conducts employment law training sessions, and advises employers on compliance with wage and hour laws, Cal/OSHA regulations, and other employment-related requirements. She drafts, reviews, and updates employee handbooks and workplace policies to ensure legal compliance and best practices.

Prior to law school, Rachel worked as a litigation assistant at a boutique employment law firm in San Francisco. While at Berkeley Law, she gained practical experience with Legal Aid at Work (Disability Rights Program and the Workers' Rights Clinic) and investigated workplace claims as a summer intern at the Equal Employment Opportunity Commission. During her final year, she externed for the Honorable Haywood S. Gilliam, Jr. of the United States District Court for the Northern District of California and served as Editor in Chief of the Berkeley Journal of Employment & Labor Law. She was also president of Women of Berkeley Law.

Rachel is a frequent contributor to the firm's Labor & Employment Law Blog and the California Labor and Employment ALERT, a bimonthly newsletter that provides HR professionals and attorneys with in-depth analysis of recent case law, statutes, and regulations impacting employers in California and across the United States.

Articles

- [Cheering In The NFL Makes Me A Better Lawyer](#)
Law360, 02.28.2024

AI Law and Policy Blog Posts

- ["California's AI Safety Bill: A Groundbreaking Move Amidst Industry Controversy and What AI Developers Can Do to Prepare,"](#) September 10, 2024

Labor & Employment Law Blog Posts

- "Will the California Supreme Court Put the Heads Back on Headless PAGA Suits?," June 4, 2025
- "San Diego County Adds Local Restrictions for Covered Employers to Comply with in Addition to California's Fair Chance Act," November 5, 2024
- "California's New Heat Illness Prevention Standard for Indoor Workplaces Is Now Effective," July 25, 2024
- "Cal/OSHA Publishes Long-Awaited Guidance and Model Workplace Violence Prevention Plan," March 20, 2024
- "New California Law Makes It Easier for Employees to Establish Retaliation Claims for Alleged Labor Code Violations," November 20, 2023

Media Mentions

The Power of Both

Palisades Hudson Financial Group, 12.10.2025

Practices

Labor and Employment

Education

J.D., University of California, Berkeley, 2023, Editor-in-Chief, Berkeley Journal of Employment & Labor Law

B.A., University of California, Berkeley, 2017, *magna cum laude*

Clerkships

Judicial Extern to the Honorable Haywood S. Gilliam, Jr. of the United States District Court for the Northern District of California

Admissions

California

United States District Court, Central District of California

United States District Court, Southern District of California

United States District Court, Northern District of California

United States District Court, Eastern District of California