



## Cara Strike

Associate

Los Angeles  
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### PRACTICES

- HR Counseling

### EDUCATION

- University of Iowa College of Law, J.D., University of Iowa Clinical Legal Student
- University of Kansas, B.G.S., Graduated with distinction

### ADMISSIONS

- California
- Illinois

### EMPLOYMENT

- Thompson Coburn LLP  
Associate, 2024-Present
- Liebert Cassidy Whitmore  
Associate, 2022-2023
- Legal Aid Society of Metropolitan  
Family Services Staff Attorney,  
2021-2022
- The University of Iowa - Office of  
Sexual Misconduct Response  
Coordinator Compliance  
Coordinator, 2020-2021

### LANGUAGES

- English

## Cara is an associate in the labor and employment practice group.

Before joining Thompson Coburn, Cara worked for a labor and employment law firm in Los Angeles. There, Cara counseled employers through all stages of the civil litigation process, including by drafting several successful summary judgment motions that resulted in case dismissals.

Prior to moving to Los Angeles, Cara served as an attorney at a legal aid organization in Chicago, where she provided legal services as a part of a holistic program working with communities impacted by gun violence. She also worked at a public university where she helped shape the university's response to incidents of harassment, discrimination, and retaliation.

Cara received her J.D. from the University of Iowa College of Law, where she served as an Articles Editor for the *Transnational Law and Contemporary Problems* legal journal. She also participated in her law school's legal clinic where she provided pro bono civil legal services.

### Publications

- Co-Authored, "Understanding the New California Indoor Heat Illness Prevention Regulations" *Bender's Labor & Employment Bulletin*, October 2024
- Co-authored, "Employers Must Pay Arbitration Fees on Time or Risk Cancellation of the Arbitration," *Bender's California Labor & Employment Bulletin*, May 2024