



Associate, Boston

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Sara E. Kniaz is an associate in the Boston, Massachusetts, office of Jackson Lewis P.C. Her practice focuses on representing employers in workplace law matters, including administrative charges, litigation, preventative advice, and counseling.

Sara works with clients in a variety of industries regarding employment discrimination and wage and hour issues. Sara has defended employers in attorney general investigations, litigation in state and federal courts, and routinely represents employers in administrative proceedings before the Equal Employment Opportunity Commission and the Massachusetts Commission Against Discrimination.

During law school, Sara was a senior editor of Northeastern University Law Review and a lawyering fellow for the Legal Skills in Social Context program. She authored an article on Northeastern University Law Review's online platform, Extra Legal, about an employer's undue hardship defense in response to religious accommodations. She interned at a state administrative agency, a plaintiff-side law firm, and a national management-side law firm. Sara also participated in Northeastern's Immigrant Justice Clinic, where she successfully assisted an indigent client in obtaining asylum. Prior to law school, Sara served as an AmeriCorps volunteer and assisted immigrants with their naturalization applications at a local nonprofit.

Pro Bono and Community Involvement

- Project Citizenship, Volunteer

Published Works

- "Religious Accommodations and The Forgotten Secular Employees: Undue Hardship Under Title VII of the Civil Rights Act," Northeastern University Law Review Extra Legal (April 2024) [author]

Education

- Northeastern University School of Law, J.D. 2024
- Tufts University, B.A. 2020

Admitted to Practice

- New York 2025
- Massachusetts - D. Mass. 2024
- Massachusetts 2024