



Sonia Lal

Summer Student

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Calgary

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Sonia is currently enrolled in the Juris Doctor program at the University of Alberta. While in law school, Sonia served as a Criminal Law Project Dayleader with Student Legal Services of Edmonton, where she managed criminal files, drafted legal applications, and appeared in the Alberta Court of Justice.

Prior to law school, Sonia earned a Bachelor of Commerce in Strategy, Management and Organization with Distinction from the University of Alberta. She is a Canadian Red Cross Training Partner through her inclusive first-aid training business and has also built a business supporting local companies with website design and digital marketing strategy. Sonia previously co-founded a startup developing sustainable menstrual products and participated in a startup accelerator in Silicon Valley.

Awards and Recognition

- Fulbright Canada Killam Fellowship Recipient
- Alberta Council for Global Cooperation Top 30 Under 30
- Horatio Alger Scholar
- Honorable Cecilia Johnstone Adversity Award
- Louise Veillard Social Justice Activism Award

Community Involvement

- Faculty of Law Curriculum Committee, Elected Representative
- University of Alberta, Medical Admissions Interviewer
- Student Legal Services of Edmonton, Caseworker for Criminal, Civil, and Wills Clinic Projects
- Big Brothers Big Sisters of Canada, Mentor
- Students Invested in Health Association (SIHA), Program Marketing and Events Coordinator

Credentials

Education

- University of Alberta, Juris Doctorate Candidate (2027)
- University of Alberta, Bachelor of Commerce with Distinction

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Languages

- English