



Emily J. Carapella

Associate

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Focus Areas

Discrimination and Harassment
Labor Management Relations
Workplace Policy Institute

Overview

Emily J. Carapella advises employers on a wide variety of labor and employment matters, including employment-related contracts, wage and hour compliance, and antidiscrimination requirements. She also represents employers before state and federal administrative agencies, at mediations, and at labor arbitrations.

Prior to joining Littler, Emily worked in the Office of General Counsel, Personnel Law Division of the U.S. Department of Housing and Urban Development. Her caseload included matters relating to Title VII employment discrimination, whistleblower retaliation, employee performance and discipline, and labor arbitration.

Previously, she was an extern for the Hon. Monica F. Markley in the U.S. Department of Labor, and the Hon. Roderick C. Young, U.S. Magistrate Judge, Eastern District of Virginia. She also served as a summer honors legal intern for the FAA, Office of Chief Counsel, Employment and Labor Law Division, as a legal extern for the EEOC, and a summer law intern for the Office of the New York State Attorney General.

During law school, she was a notes editor for the *William & Mary Law Review*.

Education

J.D., William & Mary Law School, 2017, *cum laude*
B.A., Binghamton University, 2014, *summa cum laude*, *Phi Beta Kappa*

Bar Admissions

New York

District of Columbia

Courts

U.S. District Court, District of Columbia

Publications & Press

Newly Unveiled HEROES Act Includes Grant Program for Employers to Provide Premium Pay to Essential Workers

Littler ASAP

May 13, 2020

Maryland Enacts a Statewide “Ban-the-Box” Law

Littler ASAP

February 5, 2020