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Kate Lamont

Summer Law Student

 LOCATION

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Kate is a summer student at BLG's Toronto office for the 2026 summer term.

As a law student, Kate volunteers with Downtown Legal Services, the University of Toronto's community legal clinic. Prior to law school, Kate worked as a research assistant in a psychology lab at Dalhousie University, as a policy intern for a provincial government, and in patient support roles at several Toronto hospitals.

Kate chose BLG because of the firm's welcoming and collaborative culture. She is excited about the opportunity to explore a variety of practice areas and to learn from the exceptional lawyers she met during the interview process.

In her spare time, Kate enjoys running, reading, and playing ultimate frisbee.

Education

- JD, University of Toronto, 2028
- MPA, Queen's University, 2025
- BSc (Hons.), Dalhousie University, 2024