



MEMBER PROFILE QUESTIONS

INTRO :

Member Name : Jessica Proskos

Year of Call : 2020

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QUESTIONS :

1- How did you get into criminal law?

I studied Criminology in my undergrad and really enjoyed all of my classes. During undergrad, I also worked at both the John Howard Society and Elizabeth Fry Society. I enjoyed assisting the clients navigate issues in the criminal justice system and develop life skills to assist them moving forward. I've always been interested in criminal law, but after working at these amazing organizations, I was sold on becoming a criminal lawyer.

2- What type of cases do you enjoy defending the most and why?

Anything with interesting *Charter* issues as I enjoy the creativity of the arguments.

3- If there is one thing only you would like to see change in criminal law, what would it be?

Our sentencing regime. There is an overreliance on incarceration (with ranges that are ridiculously high) and not enough reliance on transformative and restorative justice practices.

4- What advice would you give to your younger self when you first started practising criminal law?

Take every opportunity you can to work on something new, don't shy away from tasks that make you nervous, and don't let anyone bulldoze over you.

5- How do you deal with bad work days?

I put my phone on 'do not disturb' while I listen to really loud music and cook myself a nice meal.

6- What do you think of Zoom court?

I was called to the bar during COVID - 99% of my appearances have been on Zoom court, so I don't have much to compare to. I do hope we still have the option for a virtual hearing long after COVID has passed us by as I think it's great for set dates and has its benefits for access to justice.

7- What's your favourite song?

This is the hardest question to answer on the entire questionnaire.

8- How do you maintain work life balance and how do you deal with the stress of the job?

I have been trying to carve out time each day to do something I enjoy. Having an extensive support network to talk and complain to is also a bonus.

9- What do you do outside of the law?

I love to cook and I've recently started playing hockey again after a long hiatus!