

Claim Worksheet: Title VII Discrimination

Element of your legal claim	Evidence
Plaintiff is a member of a protected class.	
Plaintiff was qualified for their job.	
Defendant took an adverse action against	
Plaintiff	
under circumstances giving rise to an	
inference of discrimination.	
Defendant's non-discriminatory reason is	
pretext for discrimination.	
Plaintiff filed a charge with the EEOC within	
300 days of the adverse action.	
Plaintiff received a Right to Sue letter and filed a	
Complaint to the U.S. Federal District Court of	
Colorado within 90 days.	

This Tip Sheet is designed to provide information to pro se civil litigants in Colorado. It is not a substitute for legal advice from an experienced attorney. If you have any questions, please call the Federal Pro Se Clinic at (303) 380-8786.