

Paralegal

AI Displacement Risk Report

78%

HIGH RISK

baseline risk before upskilling

The AI replacement risk for a Paralegal is currently estimated at 78% (High Risk). AI legal research platforms like ROSS Intelligence and contract review tools like LawGeex can analyze thousands of legal documents in seconds, automating the core research and document review tasks that paralegals have traditionally performed.

What AI already does in this role

- Legal research and case law analysis using AI trained on legal databases
- Contract review and clause extraction via NLP
- Due diligence document review in M&A and litigation
- Drafting standard legal documents and templates using LLMs
- Court filing tracking and deadline management via automation

Why this career is exposed

AI legal research tools can analyze thousands of cases in seconds and draft standard legal documents with unprecedented speed. Document review, contract analysis, and legal research — core paralegal tasks — are being automated by platforms like ROSS Intelligence and LawGeex.

How to future-proof

Specialize in areas requiring human judgment: client communication, complex case strategy, and nuanced legal analysis. Focus on litigation support, trial preparation, and specialized legal niches like IP or immigration law where contextual expertise and trust relationships remain essential.

Your 90-Day Upskilling Plan

Skills are ordered by risk-reduction impact. Completing all of them cuts your personal risk score by up to 53 points.

DAYS 1–30

Litigation Support & Trial Prep -20 pts · hard

Specialize in trial preparation, witness coordination, and courtroom technology — tasks requiring human judgment and presence

Free: NALA Paralegal Competencies — <https://www.nala.org/certification/paralegal-core-competencies>

Course: Litigation Fundamentals (Coursera) — <https://www.coursera.org/learn/litigation>

DAYS 31–60

Legal Technology & eDiscovery -18 pts · medium

Master legal tech platforms, eDiscovery tools, and AI-assisted legal research — becoming the paralegal who manages the AI

Free: Law Society Legal Tech Resources — <https://www.lawsociety.org.uk/topics/legal-technology>

Course: Legal Technology (Coursera) — <https://www.coursera.org/learn/legal-technology>

DAYS 61–90

Specialized Legal Areas -15 pts · hard

Develop deep expertise in niche areas like IP law, immigration, or regulatory compliance where specialized knowledge commands a premium

Free: ABA Paralegal Resources — <https://www.americanbar.org/groups/paralegals/>

Course: Intellectual Property Law (Coursera) — <https://www.coursera.org/learn/intellectual-property>

About this score

Our AI risk score is a composite index built on three dimensions derived from peer-reviewed labor economics research, including studies by Frey & Osborne (Oxford), McKinsey Global Institute, and the World Economic Forum's Future of Jobs reports. Dimensions: Task Routinization (40%), AI Tool Penetration (35%), Human Judgment Dependency (25%).

Source: Paulo Nakanishi. AI Career Risk Index (v2026.2), licensed CC BY 4.0. Full dataset and methodology: <https://aicareer.me/data/ai-career-risk-index/>

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