

**TRADITIONAL EEO COUNSELING
&
ALTERNATIVE DISPUTE RESOLUTION (ADR)
ELECTION**

The traditional EEO counseling and ADR processes have been explained to me, and I have made the following election of my options as described under 29 C.F.R. 1614.105(f):

- To proceed with traditional EEO counseling for 30 days, unless I agree to an extension.
- To participate in mediation, I understand that this decision extends the pre-complaint process for a total of 90 days. If a resolution is not reached, I will be referred back to the EEO Counselor.
- Although ADR is offered, I choose not to select ADR

Although optional, if ADR is not selected please state why you declined ADR:

Signature of Aggrieved Person:

Date:

Copy for:
Aggrieved Person
EEO Counselor
Mediator (if applicable)