



Hon. Helen Adams

Helen C. Adams has served as a U.S. Magistrate Judge for the Southern District of Iowa since February 13, 2014. She served as Chief U.S. Magistrate Judge from 2017 to 2024. Judge Adams is the President-Elect of the Federal Magistrate Judges Association and a frequent speaker on topics of interest to the Judiciary.

Judge Adams received her undergraduate degree in Sociology from the University of Iowa in 1985, and her law degree from the University of Iowa in 1988, with high distinction and Order of the Coif. She began her legal career as a law clerk to U.S. District Judge Harold D. Vietor in the Southern District of Iowa from 1988 to 1990.

From 1990 to 2009 she practiced with the firm of Dickinson, Mackaman, Tyler & Hagen, where she served as President of the firm on two occasions. In 2009 she joined the corporate legal department of Pioneer Hi-Bred International (now Corteva) as associate general counsel, an international agricultural company.