After attending Triton College, Jeffrey Sherwin transferred to Northeastern Illinois University, obtaining a B.A. in 1975, and graduating from IIT Chicago Kent Law School in 1978. He engaged in the private practice of law from 1978-1997, before entering into a career in public service.

Sherwin has served as the mayor of the city of Northlake since 1997. Prior to being elected to that position, Sherwin served publicly in a number of positions including as a member of the Board of the Northlake Fire Protection District (1985-1997) and the Northlake Public Library Board (1983-1997).

Highlights of Sherwin's mayoral tenure include the completion of three senior housing buildings since 2006. Additionally, a residence for developmentally handicapped adults will be completed in 2019. The Addison Creek wetland restoration project, where dams were removed to restore natural flow and improving water quality and natural habitat, was completed in 2018. Work on the long awaited eastbound exit from the Tri-State Tollway at North Avenue will begin in 2019. In 2002, the Northlake Police Department achieved national accreditation from CALEA and has maintained that status since. A new police station was dedicated in 2009. Parks and recreational spaces were expanded and improved, and the city's water system was upgraded. Many improvements to commercial, residential and retail properties continue to be made.

Sherwin serves as chairman of the Metropolitan Mayors Caucus and the North Central Council of Mayors, and as co-chair of the Metropolitan Mayors Caucus Housing Committee. He also serves on the executive board of the Metropolitan Mayors Caucus and the West Central Municipal Conference. He also represents the city of Northlake on the O'Hare Noise Compatibility Commission.

He is a lifelong resident of Northlake and has been married to his wife, Darlene, since 1985.