

*Lieutenant Commander A. Lauren Zack  
Human Resource Officer  
United States Navy*

LCDR Zack, a native of Comfort, Texas, earned her Bachelor of Science in History from the United States Naval Academy in 2005. Five years later, in June 2010, she earned her Master of Science in Education from Old Dominion University in Norfolk, Virginia.

LCDR Zack was commissioned as an Ensign in May 2005 as a Surface Warfare Officer. After serving as Fire Control Officer aboard the USS John L. Hall, LCDR Zack applied and was redesignated as a Human Resource officer in June 2007. She then served as the Operations Officer at Transient Personnel Unit (TPU) Norfolk from November 2007 to December 2008. Following her initial exposure to the Human Resource community, LCDR Zack attended Old Dominion University through the Duty Under Instruction program obtaining her Masters in Educational Leadership. She then reported to Naval Aviation Schools Command (NASC) in Pensacola, Florida in August 2010 as the Transitions officer. She was later handpicked by the Commanding Officer to be the Training Support Director at NASC. LCDR Zack reported to U.S. Fleet Forces Command in September 2013 serving as a Fleet Individual Training (N1T) Action Officer until June 2016. LCDR Zack has maintained her Professional in Human Resources certification since January 2011.

LCDR Zack is authorized to wear the Navy Commendation Medal (2) and Navy and Marine Corps Achievement Medal (3).

