



# United States Navy Biography

**Lt. Lauren E. Cole**  
**United States Navy**

Lt. Lauren E. Cole is a native of Southlake, Texas where she graduated from Southlake Carroll High School in 2003. She attended Boston University on an NROTC scholarship. She graduated from Boston University with a Bachelor of Science in Journalism and was commissioned in May 2007.

Lt. Cole began her commissioned service in Pensacola, Fla., where she attended the Navy's aviation indoctrination program. She then transferred to NAS Corpus Christi, Texas, for primary flight training where she flew the T-34C Turbo Mentor. In 2008, she transferred to NAS Whiting Field, Milton, Fla. for advanced flight training where she flew the TH-57 Sea Ranger helicopter. She completed training and was designated as a Naval Aviator in August 2009. She then transferred to NAS North Island, Coronado, Calif. and was trained in the SH-60F and HH-60H helicopters. She joined HELANTISUBRON SEVEN (HS-7) in June 2010, and deployed aboard USS HARRY S. TRUMAN in support of Operations ENDURING FREEDOM and NEW DAWN. Upon returning from deployment in December 2010, Lt. Cole moved to Norfolk, Va. and was trained on the MH-60S for HS-7's homeport transition and the squadron's redesignation to HELSEAHSCOMBATRON SEVEN (HSC-7).

Lt. Cole was accepted for transfer into the Public Affairs community in November 2012. She graduated the Defense Information School Public Affairs Qualification Course with honors March 2013.

Lt. Cole currently works at U.S. Fleet Forces Command in the Public Affairs Directorate.

Her decorations include the National Defense Service Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, Sea Service Deployment Ribbon, Navy Rifle Marksmanship and Navy Pistol Marksmanship.