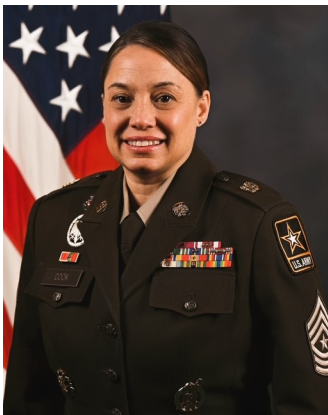




# Biography

Department of the Army



**Sandra M. Cook**  
**Senior Enlisted Advisor,**  
**Deputy Assistant Secretary of the Army,**  
**Military Personnel & Quality of Life**  
**Office of the Assistant Secretary of the Army**  
**Manpower and Reserve Affairs**  
**Washington, DC**

SGM Sandra Cook assumed duties of the Senior Enlisted Advisor to the Deputy Assistant Secretary of the Army (Military Personnel & Quality of Life) (DASA(MPQ)) on 10 July 2024. In this role, SGM assists the DASA(MPQ) in providing policy and oversight of military human resources programs including medical and health affairs, recruiting and retention, quality of life, personnel policy, and casualty affairs for the Total Force. SGM Cook has served in the United States Army over 28 years. She first enlisted in the United States Army Reserve before entering into the Active Guard Reserve Program and has served on active duty for over 21 years. Her previous assignment was as the Executive Sergeant Major to the 14th Command Sergeant Major of the Army Reserve. SGM Cook has worked in a variety of assignments in human resources, training and readiness, mobilization, health affairs and recruiting before assuming her current assignment.

## Career Chronology:

- Executive SGM to the Army Reserve CSM, U.S. Army Reserve Command, Fort Liberty, NC 2022-2024
- G1 SGM, 99th Readiness Division, Joint Base (JB) McGuire Dix Lakehurst, NJ, 2019-2022
- Student, Sergeant Major Academy, Noncommissioned Officer Leader Center of Excellence, Fort Bliss, TX, 2018-2019
- Assistant Operations NCO, 104th Training Division, JB Lewis McChord, WA, 2017-2018
- G1 Manning Division NCOIC, U.S. Army Reserve Command, Fort Liberty, NC, 2013-2017
- Brigade S1 NCOIC, 364th Civil Affairs Brigade, Clackamas, OR, 2012-2013
- Career Manager (79R), United States Recruiting Command, Fort Knox, KY, 2011-2012
- Recruiter, Portland Recruiting Battalion, Portland, OR, 2009-2011
- Battalion S1 NCO, 6250th US Army Hospital, JB Lewis McChord, WA, 2006-2009
- Human Resource NCO, 2/364 CS/CSS BN, 91st Division, JB Lewis McChord, WA, 2004-2006
- Human Resource NCO, 959th Conus Replacement Company, Bothell, WA, 2002-2004

## College:

- Master of Arts, Human Resource Development, Webster University, 2019
- Bachelor of Science, Business Administration, Post University, 2012

**Significant Training:**

- Nominative Leaders Course, 2022
- Sergeants Major Academy (Class 69), 2019
- Force Management Course, 2018
- Battle Staff Non-Commissioned Officer Course, 2014
- Master Resiliency Trainer Course (I & II), 2013
- First Sergeant Course, 2011
- Army Recruiter Course, 2009
- Total Army Instructor Training Course, 2007

**Awards and Honors:**

- Legion of Merit (1 OLC)
- Meritorious Service Medal (3 OLC)
- Army Commendation Medal (6 OLC)
- Army Achievement Medal (2 OLC)
- MG Horatio Gates (Bronze Medal), 2023

**Professional memberships and associations:**

- Member, Army Adjutant General's Corps Association