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SECURITIES AND EXCHANGE COMMISSION  
WASHINGTON, D.C. 20549

**FORM 8-K**

CURRENT REPORT  
PURSUANT TO SECTION 13 OR 15(d) OF THE  
SECURITIES EXCHANGE ACT OF 1934

Date of report (Date of earliest event reported): **January 31, 2014**

**Strategic Environmental & Energy Resources, Inc.**  
(Exact Name of Registrant as Specified in Charter)

**NEVADA**  
(State or Other Jurisdiction of Incorporation)

**000-54987**  
Commission File Number

**02-0565834**  
(IRS Employer Identification No.)

**7801 Brighton Road, Commerce City, Colorado 80022**  
(Address of principal executive offices)

Registrant's telephone number, including area code: **303-295-6297**

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

Written communications pursuant to Rule 425 under the Securities Act

Soliciting material pursuant to Rule 14a-12 under the Exchange Act

Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act

Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act

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**Item 5.02: Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.**

**Resignation of John Jenkins as Director**

Effective January 31, 2014 Mr. John Jenkins has resigned as a Director of the Company in order to focus on his role as President of SEER's MV Technologies subsidiary. Mr. Jenkins has not expressed any disagreement with the Company on any matter relating to the Company's operations, policies or practices with regard to the cessation of his or her services.

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## SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

**Strategic Environmental & Energy Resources, Inc.**

Date: January 31, 2014

By: */s/ J John Combs III*  
Name: J John Combs III  
Title: Chief Executive Officer

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