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Item 7.01 Regulation FD Disclosure.

First Trust Senior Floating Rate Income Fund II (the "Fund") is filing herewith a press release issued on February 13, 2019 as Exhibit 99.1. The press release was issued by First Trust Advisors L.P. to report that its Leveraged Finance Investment Team, portfolio manager of the Fund, will release an update on the market and the Fund on February 15, 2019. Details regarding access to the update are contained in the press release included herein.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits

| Exhibit Number | Description |
|-------------------|---|
| 99.1 | Press release of First Trust Advisors L.P. dated February 13, 2019. |

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.

Dated: February 13, 2019 FIRST TRUST SENIOR FLOATING RATE INCOME FUND II

By: /s/ W. Scott Jardine

Name: W. Scott Jardine

Title: Secretary

EXHIBIT INDEX

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