What are the incoming and outgoing mail server settings for my mail account?

- For SEASnet accounts (_username_@seas.ucla.edu)
  Incoming (pop) server is: pop.seas.ucla.edu
  Outgoing (smtp) server depends on if you are physically connected to the SEASnet network.
  If you are on campus (in network): smtp.seas.ucla.edu
  +SSL/encryption and authentication is not needed
  If you are off campus (out of the network): Please use your internet service provider's smtp server.