The address for accessing your SEAS email account online is: https://mail.seas.wustl.edu

On the pop up window enter your User id and password

After logon the following screen is displayed.

Select the folder tab on the left side of screen to see all your mail folders.
Select the Options tab to change your password. Page down until you see the option to change your password.

These are the rules for your password:

These are the rules on your password:

- All new account cannot change their passwords for 24 hours after creation
- You can only change your password once a day
- Passwords expire after 6 months
- Cannot use any of your 5 previous passwords as your new password
- Passwords cannot contain a significant (3 letters or more in a row) of your username, first name or last name. For example, if your name is David, you cannot use dav, avi, or vid. Variations of DaV would also not be accepted.
- Must be at least 8 characters long have a Capital letter and include 2 of the 3 options below
  1. Lowercase letter
  2. Number
  3. Special character such as: ~ ! @ # $ % ^ & * ( ) _ + - = [ ] { } \ | ; : " , . / > ?

An example would be: 1bigBoy!

This web site might give you some ideas for a password (check the Include Punctuation box).