Open a browser and follow these steps:

* Log into <http://mail.cougars.csusm.edu>
* Click on the **gear icon** in the upper-right corner and select Settings
* Under **Settings** select Forwarding and POP/IMAP
* On this screen under IMAP Access select **Enable IMAP** and click **Save Changes**
* Without logging out of gmail open a new tab and visit <https://www.google.com/settings/security/lesssecureapps>
* Select **Turn on** for Access to less secure apps

Open Pine on empess and follow these steps:

* From the Main Menu press **S** for setup, **L** for collectionLists, and **A** for Add
* Enter "**Gmail**" for Nickname
* For Server enter "imap.gmail.com/ssl/user={student email address}", for example [**imap.gmail.com/ssl/user=crash001@cougars.csusm.edu**](mailto:imap.gmail.com/ssl/user=crash001@cougars.csusm.edu)
* Press **Ctrl-X** to save and **Y** to confirm
* Press **E** to exit setup
* Press **S** to reenter setup, then **C** for Config
* For SMTP Server (for sending) enter "smtp.gmail.com:587/tls/user={student email address}", for example **smtp.gmail.com:587/tls/user=crash001@cougars.csusm.edu**
* If there is a value for Inbox Path other than "<No Value Set: using "inbox"> or "<No Value Set: using "{coyote.csusm.edu}inbox">" select that field and press **D** to delete that value and **Y** to confirm
* Press **E** to exit setup and **Y** to save changes