It has been observed that today’s college freshmen place too much importance on achieving good grades while lacking proper metacognitive skills. There is a decided gap between how professors expect students to learn and how students actually learn. Learning how to learn is essential for success in college and life beyond. Motivated by a seminar on teaching millennials hosted by Penn State’s Schreyer Institute for Teaching Excellence, I adopted Exam Wrappers in my College Algebra II class. Exam Wrappers are a series of surveys that require students to reflect on how they learn throughout the semester. Will the reflection alone help improve how students learn? In this presentation, I will share several examples of exam wrappers along with experiences regarding their effectiveness and examine the impact on learning outcomes by prompting students to reflect on how they learn. (Received September 17, 2012)