Incoming freshman often enter the Calculus sequence without the academic maturity needed to succeed in their required mathematics classes. These students have often succeeded in high school mathematics despite a lack of study skills and disciplined planning. Without these skills, they often find themselves adrift in college. I have been attempting to use exercises such as “wrappers” and self-assessment inventories to lead them to their own realization of how important it is to master these “meta-skills”. Once they understand this importance, they will be more receptive to our efforts to teach them study skills and planning. For some students this will improve their grades immediately. Other students may need more instruction in study skills but will be more likely to follow through. Finally, some students may be able to get by for a time on their high-school skills, but will use these lessons later in their college career. Very few students can be successful in college without discipline and study skills so encouraging these skills should improve both students’ satisfaction and their grades. (Received September 22, 2015)