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## Introduction

Many studies suggest that, self assessment tests are important in unearthing the potential of a person (Barrett and Green, 2011). They help people get a clear understanding of themselves and this helps them in developing a strategy of working with others well. Based on this fact, this paper will identify and discuss the results three self-assessment surveys. The surveys that I conducted are namely; index of learning style inventory, VARK questionnaire and the learning style survey. Finally, the paper will evaluate the relevance of these surveys and show how I can use the results to facilitate my adult learners   
The index of learning style inventory is the first survey I conducted. This survey is a special assessment that is aimed at evaluating how a person prefers to learn or synthesis information. It helps people formulate strategies of enhancing their learning capabilities. Interestingly, there are no research findings that have authenticated this inventory. This survey presents results in three styles namely; visual learner, tactile learner or an auditory leaner. A visual learner is the one who prefers using maps, charts, flashcards to draw concepts in the mind. This leaner likes visualizing words or facts in the mind. A visual learner usually writes out everything for fast visual review. On the other hand, a tactile learner is the one who traces or memorizes the words of a speaker. This type of learner usually keeps a lot of scratch paper for purposes of jotting down the lecturer notes. Finally, an auditory learner is the one who keeps a record of the lecturer or speakers statements. This learner normally tapes the teachers and prefers sitting at place where they can hear the teacher well. Auditory learners summarize and recite statements aloud. Based on the input I gave, the index of learning style inventory showed that am a visual learner. This implies that, I like visualizing or picturing concepts in my head. I also write everything the lecturer says for purposes of visual review.   
My second survey was the VARK questionnaire. The VARK questionnaire is a special type of questionnaire that informs participants the different approaches of learning. It provides participants with a sketch or summary of their learning preference. It helps learners to identify their learning difficulties or potentials. The VARK questionnaire also has some applications that can help learners develop learning strategies to boost their communication skills. The word VARK stands for visual, Aural, Read (write) and Kinesthetic. The results for my VARK questionnaire showed that I scored 1 for visual, 4 Aural, 6 for read/write and 4 for Kinesthetic. These results show that I have a mild read/write learning preference. The read/write section is grouped into three sections, namely; Intake, SWOT (study without tears) and the output. Based on the results, the intake section implies that I should utilize various sources to gather information. These sources include; essays, handouts, manuals, lists, textbooks and glossaries. The SWOT (study without tear) section is a learning strategy that emphasizes on converting learnable content into a manageable and easy to read format. SWOT encourages a learner to write the words repeatedly then read the content frequently. It also suggests learners to paraphrase the ideas into other words, organize diagrams into statements, interpret the chart with own words and finally, visualize the lists arranged in a multiple choices format and then pick the ideal answer. Output is the last part under the read/write section. The output strategy stresses the need for a learner to excel in any test or examination. It encourages a learner to practice writing tests, practice using multiple questions and organize words into hierarchical from or in points.   
The last survey that I conducted was the learning style survey. This is a self-assessment technique that is related to the learning style inventory. Its main focus is to enable learners identify the type of learners they are. It classifies learners into three styles which include; auditory, tactile and the visual learners. Auditory learners are people who learn by hearing and listening information. They can store information by the way it is produced by the speaker. These learners normally, talk to themselves when they are bored. On the other hand, visual learners are those who learn by viewing pictures. They understand things through sight. They learn by creating a virtual image of anything in their minds. Visual learners are normally easily distracted by sound and many have problems in spoken directions. Finally, the tactile learners are those who learn by performing a physical movement. They understand things by touching, moving or drawing them. They usually use gestures and may have difficulties sitting at one place. The results of this survey show that am an auditory learner. This implies that I learn by listening to lecturers or participating in discussion. I also like asking and responding to questions. However, I may have difficulties in spelling some words correctly because I prefer sounding words out rather than spelling them.   
The results of the above mentioned survey have greatly helped me identify the type of learner I am. However, I am not much surprised with the results because, I know I like participating in discussions and conversations. I also like seeking oral clarifications from the lecturer rather than imagining things. I think this helps me grasp the content the lecturer teaches. The results however have enlightened me on the areas I need to improve my learning potentials. For instance, they have made me realize that I should practice gathering information from various sources, read widely and practice organizing my statements in a logical manner. Therefore, the results have helped me identify my learning potentials and the weakness that I should develop strategies to improve.   
As an adult facilitator, these results have greatly helped me appreciate the various learning styles people posses. This means that, I can identify the learning styles my different students. This will help me formulate effective strategies for tackling each of my adult learners. The strategies will also help in identifying the learning potentials and weakness my students’ posses and hence develop an appropriate method of improving their weakness. Besides that, the findings will help me teach my students to learn to appreciating and tolerating each other potential. This is important because the surveys reveal that the learning styles have various shortcomings that may irritate another person. For instance, the visual learners have a habit of ignoring their partners during conversations and this may irritate their partners. On the other hand, tactile learners have a habit of moving from place to the other. They cannot settle at one point because they like using gestures or other body movements. Although they may not notice that they are irritating someone, their listeners or partners may get bored by these activities.

## References

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