For me it explained that I had a 58 out of 60 growth learning style. I believe this to hopefully be true, and I believe learning styles truly do exist, and are prominent. They affect people in many different ways as it basically outlines how a person will handle the information given to them. I do believe that people can also grow into these styles more and more, through environment, learning and willingness. Of course these quizzes aren't a sure-fire way of changing how you should or are living your life, rather they can help as a guide to people that need it, it can give a little more insight that could potentially benefit the people looking for something.