

## **Benefits of studying another language**

1. [Improves memory](#) – the more you learn new skills, the better your brain functions work.

Learning a new language forces you to learn new vocabulary and grammar rules. This trains your brain to remember new words, make connections between them, and use them in contextual situations

2. [Enhances multitasking ability](#) – having the ability to think and communicate in different languages helps train multitasking.

3. [Improves Attention](#)

4. Improves performance in other academic areas – while learning a language you engage in extracurricular activities in that language, such as communicating with other peers.

5. [Develop empathy and compassion](#) – while learning a new language, you are also learning about a new culture. This can lead to thinking in different perspectives and develop understanding for those in that culture.

6. Reduced risk for dementia and Alzheimer's – the brain creates more neural pathways while learning, keeping it strong

- a. [In a study](#) of more than 200 bilingual and monolingual patients with Alzheimer's disease, bilingual patients reported showing initial symptoms of the disease at about 77.7 years of age—5.1 years later than the monolingual average of 72.6. Likewise, bilingual patients were diagnosed 4.3 years later than the monolingual patients (80.8 years of age and 76.5 years of age, respectively).

7. Can help math and science - When you learn a language you become used to sorting and processing new information in your target language. Also, there is a correlation between learning a new language and the ability to develop scientific hypotheses.

8. Increased creativity- forces you to think creatively to get your point across, especially if you have a limited vocabulary.
9. Landing jobs – roughly 23% of Americans are bilingual, giving those who are a bilingual a chance to stand out.
10. Improve confidence – the more languages you can speak the more confident you are to put yourself out there. Plus can put you in situations that you never thought you would be in.
11. [According to the NIH](#), millions of Americans use a language other than English in their everyday lives outside of the home, when they are at work or in the classroom.
12. Bilingual people [perform better](#) on inhibitory control tests, conflict management, task switching
13. Higher proficiency in a second language, as well as earlier acquisition of that language, [correlates with](#) higher gray matter volume in the left inferior parietal cortex
14. Bilingualism [positively influences](#) attention and conflict management in infants as young as seven months.
  - a. Navigating a multilingual environment imparts advantages that transfer beyond language.

Another useful Link: <https://www.actfl.org/center-assessment-research-and-development/what-the-research-shows/cognitive-benefits-students>

^ACTFL citations, with papers cited

<https://www.ostaz.com/english/blog/eu-blogs/benefits-of-learning-a-new-language>