

## Chapter 1 : 10 Benefits of Learning a Second Language

*Benefits of learning a second language These ten are all quite apart from the benefits of immersing yourself in another culture, and of seeing your own culture from the perspective of another. All told, you may well get something like 'a second soul' from learning another language.*

But the one that takes the cake is reading almost every month for the past few years that soon, oh so very soon, learning languages will become obsolete. Sure, it is pointless. The technology will solve the problem of interlingual communication. So better not waste your time. How many people have given up even before they started? Without even realizing that many, oh so many, years will pass before any translation software or magical devices will be able to do a half-decent job. But is it really only about communication? Have you ever wondered what other benefits language learning has to offer? The following list includes 80 benefits of language learning. Some obvious, some surprising. The list is a work in progress. Although, I usually quote results of just one or two studies to keep this list more concise. Purpose Of The List The main purpose of this list is to make you realize how beneficial language learning is. I hope that such knowledge will help to pull you through all language-learning plateaus. Your children, spouse, parents. Treat is a language-learning manifesto. Print it, hang it on the wall. Amazing Benefits of Language Learning If you learn a foreign language

1. The right hippocampus and the left superior temporal gyrus were structurally more malleable in interpreters acquiring higher proficiency in the foreign language. Interpreters struggling relatively more to master the language displayed larger gray matter increases in the middle frontal gyrus References: When asked to complete memory-based tasks, Morales and her team found that those who had knowledge of multiple languages worked both faster and more accurately. The young participants who spoke a second language had a clear advantage in working memory. Their brains worked faster, pulling information and identifying problems in a more logical fashion. When your brain is put through its paces and forced to recall specific words in multiple languages, it develops strength in the areas responsible for storing and retrieving information read more about improving your short-term memory References: You Will Have Better Listening Skills Do you remember how hard listening was at the beginning of the language journey? And since the brain has to work really hard to distinguish between different types of sounds in different languages, being bilingual leads to improved listening skills Krizman et al. Lapkin, et al , Ratte You Will Have Higher Verbal and Non-verbal Intelligence In , Peal and Lambert published a study where they found that people who are at least conversationally fluent in more than one language consistently beat monolinguals on tests of verbal and nonverbal intelligence. Bilinguals showed significant advantage especially in non-verbal tests that required more mental flexibility. Your Attention Span Will Improve Photo by Lex Mckee A study from shows that bilinguals have stronger control over their attention and are more capable of limiting distractions. They were also better equipped to interpret the work before them, eliminating unnecessary information and working on only what was essential. Ellen Bialystok, Fergus I. The recent evidence suggests a positive impact of bilingualism on cognition. So what exactly does it mean? However, according to research conducted by Brian Gold, learning a language increases brain flexibility, making it easy to switch tasks in just seconds. Study participants were better at adapting and were able to handle unexpected situations much better than monolinguals. But the real question is " why were they better? This linguistic workout activates different areas of our brain. The more we switch between languages, the more those brain zones become accustomed to working. Gold, Chobok Kim, Nathan F. Kryscio and Charles D. You Will Be More Creative Learning a foreign language improves not only your ability to solve problems and to think more logically. It improves your skills in divergent thinking, which is the ability to identify multiple solutions to a single problem. Language learners also show greater cognitive flexibility Hakuta and are better at figural creativity Landry Executive functions also known as cognitive control and supervisory attentional system " is an umbrella term for the management regulation, control of cognitive processes, including working memory, reasoning, task flexibility, and problem solving as well as planning and execution. The more you immerse yourself in the new language, the more you hone your executive functions. In another study, Bialystok gave study subjects a

non-linguistic card-sorting task that required flexibility in problem-solving, filtering irrelevant information, as well as recognizing the constancy of some variables in the face of changes in the rules. Bilingual children significantly outperformed their monolingual peers in this task, suggesting the early development of inhibitory function that aids solving problems that require the ability to selectively focus attention. In one study, bilingual children were presented with the problems of both mathematical arranging two sets of bottle caps to be equal according to instruction and non-mathematical nature a common household problem represented in pictures and were asked to provide solutions. They were rated on scales of creativity, flexibility, and originality. The results confirmed that the bilingual children were more creative in their problem solving than their monolingual peers.

**Your Children Will Develop Much Faster** If you want to create a crazy brainiac, teaching your child another language is a way to go! According to new research, babies exposed to two languages display better learning and memory skills compared to their monolingual peers. The study was conducted in Singapore and was the result of the collaboration between scientists and hospitals. Altogether, the study included 6 month-old infants – about half of whom had been exposed to two languages from birth. The study found that when repeatedly shown the same image, bilingual babies recognized familiar images quicker and paid more attention to novel images – demonstrating tendencies which have strong links to higher IQ later in life. Amazingly, children seem to absorb even multiple languages effortlessly. Children just have this capacity. A preference for novelty is also linked with higher IQs and better scores in vocabulary tests during pre-school and school-going years. Leher Singh, Charlene S. Meaney, Anne Rifkin-Graboi

**However, learning a second language draws your attention to the abstract rules and structure of language, thus makes you better at your first language.**

**You Will Read More Efficiently** The research shows a high positive correlation between foreign language study and improved reading scores for children of average and below average intelligence. Read more about reading more efficiently here. Multilingual employees are able to communicate and interact within multiple communities. With the rise of technology which enables the global communication, such an ability becomes more and more valuable. Even if being bilingual is not completely necessary in your field, being fluent in another language gives you a competitive edge over your monolingual competitors. Of course, feeling intuitively that the above is true is one thing, but what about cold hard facts? In a survey of alumni of The American Graduate School of International Management in Glendale, Arizona, most graduated stated that they had gained a competitive advantage from their knowledge of foreign languages and other cultures. They said that not only was language study often a decisive factor in hiring decisions and in enhancing their career paths, but it also provided personal fulfillment, mental discipline, and cultural enlightenment. Learning a foreign language is no different. It boosts your self-confidence and makes you feel this nice, warm feeling inside. Evidence from several studies shows language students to have a significantly higher self-concept than do non-language students. Masciantonio, Saunders, Andrade, et al.

**You Will Score Higher On Standardized Tests** Photo by Dennis Skley Bilingual students consistently score higher on standardized tests in comparison with their monolingual peers, especially in the areas of math, reading and vocabulary. How much better are their results? College Board Even third-graders who had received 15 minutes of conversational French lessons daily for a year had statistically higher SAT scores than their peers who had not received French classes.

**You Will Think Faster** In a small study, bilingual people were about a half second faster than monolinguals.

3. Prat of the University of Washington who conducted the research say the findings are in line with previous studies showing that bilingual children show superior performance on non-linguistic tasks. A neurobiological framework of how bilingual experience improves executive function.

**You Will Have Better Job Security** Mastering a language is a skill which requires a lot of time, discipline and persistence. Many people start learning and give up half-way.

**You Will Earn More** It comes as no surprise that the knowledge of languages can add a little something to your salary. However, the amount you can get varies significantly from country to country. So how does it look like for the citizens of the United States? This translates into big differences in the language account: For higher earners, the figures are even more startling.

**You Will Enjoy Increased Mobility** There are many reasons why people leave their homeland and move to other places. Some look for better life, other try to find political freedom, love or religious tolerance. To arrive at your final destination i. Every language learner faces dozens of decisions each day – what should I learn?

When to do it? Should it be reading? If yes, what should I read? Your language skills tear down all communication barriers in the world. Africa, Asia, New Zealand are just a few clicks away. Your Memory Retrieval Will Improve Research at the intersection of cognitive science and education has shown that retrieval improves learning in significant ways. Each act of retrieval changes your knowledge, improving the ability to retrieve knowledge again in the future. You Will Become a Better Decision-maker According to a new study , multilingual speakers are more resistant to conditioning and framing techniques, making them less likely to be swayed by such language in advertisements or political campaign speeches.

## Chapter 2 : What the Research Shows | American Council on the Teaching of Foreign Languages

*Learning a foreign language improves not only your ability to solve problems and to think more logically, it also makes you experiment with new words and phrases. Leveling up your second language skills forces you to reach for alternate words when you can't quite remember the original one you wanted to use.*

A Case for Emphasizing Secondary Language Education in the United States In an increasingly globalized world, where technology is increasingly making communication faster and more efficient, it becomes even more pressing for citizens to be competent in other languages. Yet the United States remains the only industrialized country that allows students to graduate from high school without credits in a foreign language. By the time most students begin a second language in middle school at the age of 14, it is often too late for them to become truly proficient in another language. On top of that, only 10 states require some type of second language credits to graduate from high school whereas in many European countries children begin to learn a second language from years old, or in some cases 3 years old. I believe there needs to be an incorporation of a stronger foreign language program in the United States education system because learning a second language is and will continue to become increasingly important in our connected world. In total, the United States would benefit from emphasizing learning foreign language through economic and job possibilities, creating cosmopolitan citizens, and providing cognitive and personal benefits to the individual. In our globalized world, it has become even more essential in the job market to know another language. Companies and businesses have a natural desire to expand their existing networks. Having fluency in another language gives an edge on any resume by showing employers potential to converse with an entirely different group of people. Employers would be more apt to send a prospective employee abroad if he or she shows proficiency in another language. An experience abroad has the ability to enhance careers, often leading to promotions and valuable skills dealing with foreign customers. Traveling to another country for a job not only allows for tremendous opportunities for oneself, but also allows a company to broaden its network. Yet businesses are not the only types of employment where learning another language would be beneficial. Educators will often have students from many different language backgrounds, scientists will need to converse with others in their field from different countries, and those in the entertainment industry can open up their career aspects tenfold if they can effectively learn a second language. Moreover, learning a second language allows students to explore and better understand another culture. The overwhelming access to networks of communities all over the world is cut short without a background in the language of the culture itself. Learning a foreign language allows us to better understand a culture by providing a way to interact with locals and break the initial language barrier that holds two people back from fully engaging with each other. The benefits of having more culturally aware students are numerous, and the effects are immeasurable. Learning a second language allows cross-cultural communication, and opens the door to an entire network of people that a person might not have had contact with before. It is important to have cosmopolitan citizens, especially in the United States, in order to create a true melting pot society. When traveling to foreign countries, knowing or attempting to learn the local language shows a respect towards another culture. In addition to the benefits economically and culturally, there is an apt amount of research showing the exponential cognitive and personal benefits of learning another language. Within the standardized test culture, it was found that Elementary students who studied a foreign language scored higher on tests in reading, math, and language arts. This fact alone should motivate proponents of No Child Left Behind, and similar test enthusiasts, to further fund secondary languages in earlier years of education. Furthermore, people who have learned a foreign language show greater cognitive development in mental flexibility, creativity, problem-solving, conceptualizing, and reasoning Cognitive Benefits of Learning a Second Language. Requiring students to learn a second language at an earlier age will allow many of these skills, skills that are often neglected, to be emphasized in our education system. In my experience, learning a second language requires an entirely different way of learning that fosters creativity in the classroom. For example, learning a second language involves activities such as writing short stories, talking with classmates, watching movies from another

culture, and interacting in games. Learning a second language can be done through many different avenues as opposed to math, which must be done in procedures, working out a problem. This freedom to learn in a variety of ways creates an environment in a classroom that teaches multiple ways of learning and skills. Once a language is acquired, many personal benefits become clear. In comparison to monolinguals, foreign language learners have been shown to have sharper memories and better listening skills. The Benefits of Second Language Study Overall, learning an additional language can significantly improve cognitive abilities and bring added personal benefits. All of the research and data points to the continued benefits of learning a second language, which I have seen personally reinforced in my experience with other languages. During my time there, I saw the numerous examples of the advantages of knowing a second language. A couple of the students at the camp knew multiple languages, and it was much easier for them to pick up English. Their previous knowledge of a variety of languages showed in their abilities to understand new grammar concepts and vocabulary as they were much more used to these cognitive processes. Reflecting on these differences, it was evident that knowing another language provided advantages in further learning. Additionally, I help tutor English language learners at Penn State University to help with their conversational fluency, along with their grammar concepts. One of the many things I have found while working with these international students, is that many of them find it easier to immerse themselves and learn more about the culture in the United States with a better understanding of English. One of the graduate students I work with has found that learning and improving her English has made her more confident in speaking to students here. It has allowed her to branch out and become immersed in the culture. It becomes even more clear to me the benefits of a second language when considering the influence learning a second language has had on me. I began learning Spanish during middle school, which was noticeably a disadvantage seeing how much easier it would have been to acquire the language at a younger age. Regardless, Spanish has come to offer me a whole new array of possibilities for the future. When working for a local restaurant, I was noticeably better at my job than other waiters because I could communicate with my Spanish-speaking co-workers. My effectiveness as waitress and co-worker was increased, and eventually led to my pay raise. I am currently able to travel to Costa Rica to teach English, in part because of my fluency in another language. In such an interconnected world, it can only be a disadvantage not to learn a second language. In the aspect of employment, a second language allows for new opportunities, experiences, and an edge when applying for jobs. Additionally, a second language allows for citizens to become more culturally aware, reaping benefits in terms of more cosmopolitan citizenship. Moreover, learning a second language can benefit a person in various cognitive aspects and improve one's life. In total, I believe that learning a second language should be more emphasized in the United States education system. Benefits of Learning a Second Language. Cleanr theme by WPSshoppe.

**Chapter 3 : The Advantages of Learning a Second Language - The Spanish Academy**

*Since a language is a doorway to a particular culture, learning a new language enables a person to have a broader understanding of that race or culture. Opening up to a culture allows you to be more flexible and appreciative of other ways of doing and looking at things.*

Learning a Foreign Language Supports Academic Achievement and Cognitive Development by Becton Loveless There are many academic benefits of studying or learning a foreign language for students and children – some obvious, some not so obvious. One study has shown that children who have studied a foreign language in elementary school tend to perform better on standardized tests than those who have not. Another study suggests that students who are taking a foreign language class outperform academically students who are not taking a foreign language – and the list goes on. Language learning leads to higher standardized test scores. Various studies suggest there is a strong correlation between learning a foreign language and achievement on standardized tests. In one study, a random selection of 3rd-graders received a minute Spanish lesson three times a week for an entire semester. Spanish lessons were conducted entirely in Spanish and focused on verbal skills development. Students who participated in the Spanish program the entire semester scored notably higher on the Metropolitan Achievement Test MAT in language skills and mathematics than students who did not participate in the Spanish program. Basic skills revisited A similar study that focused on the verbal achievement of middle school students who studied a foreign language yielded similar results. Middle school students who studied a foreign language performed significantly better in language mechanics and reading comprehension on the Comprehensive Tests of Basic Skills than a group of control students who participated in the Challenge Reading program. The effect of middle school foreign language study on verbal achievement as measured by three subtests of the Comprehensive Tests of Basic Skills [Abstract] Language learning is beneficial to bilingual and two-way immersion programs. A study conducted by Cohen, A. A study that examined the achievement scores of elementary level English as a Second Language ESL learners enrolled in a two-way immersion TWI program, and a Structured English Immersion SEI program, at the end of their third year of study achieved at-or-above grade level in both English and Spanish. The results of numerous studies show a strong positive correlation between the study of a foreign language and improvement in reading fluency and comprehension. A study conducted by A. Serra in The development of reading in English and Italian in bilingual children suggested that adolescent bilinguals score higher on word-reading and spelling tasks than skilled monolingual readers of the same age group. The results of a similar study showed that sixth-grade students who studied a foreign language in school scored higher on reading achievement tests than sixth-grade students who had not studied a foreign language. A study of the effect of Latin instruction on English reading skills of sixth grade students in the public schools of the district of Columbia, school year, Language learning improves students ability to learn other languages. Not surprisingly, students who are able to learn one foreign language find it significantly easier to learn another foreign language. One study, conducted by T. Graham in , showed that students who participated in a Spanish immersion program experienced improvement not only in Spanish vocabulary but also in their native English vocabulary. Learning a second language increases linguistic awareness. A study sponsored by E. Demont in demonstrated that children who are immersed in a bilingual environment have an enhanced ability to manipulate morpho-syntactic structure. That is, these children are able to interpret and comprehend written language with greater ease than monolingual children and are better at grammatical judgment and word recognition. Several studies indicate there is a positive correlation between the length of time high school students take a foreign language and high SAT verbal scores. High school students who had taken at least one year of a foreign language showed a statistically significant increase in scores on the verbal Scholastic Aptitude Test SAT and California Achievement Test CAT relative to students who did not complete a year of foreign language study. Foreign language study and SAT-verbal scores. Modern Language Journal, 71 4 , Another study by P. Eddy in supported a similar conclusion, that students who study a foreign language for an extended period of time will out perform students who have not studied a foreign language on various SAT

sub-tests and the verbal section of the SAT. Students who learn a foreign language in high school perform better academically in college. A study conducted in by P. Wiley Classical Outlook, 62 2 , Early language learning may improve cognitive abilities In various cognitive skills tests performed by K. Reeves in , elementary age students who studied a foreign language for an extended period of time scored significantly higher on evaluation tasks than their counterparts who had not studied a foreign language. Students who studied French the longest performed the best on cognitive skills tests. FLES News, 2 3 , 4. Learning a second language may improve cognitive development and abilities. A study performed by S. Ben-Zeev in demonstrated that bilingual children may be required to develop coping strategies that accelerate cognitive development. The study showed that although bilinguals had a lower vocabulary level, that with respect to verbal material and perceptual distinctions they demonstrated advanced processing ability. They also demonstrated a higher capacity for organization of perceptions in response to feedback and the ability to find structure in perceptual situations. Several other studies have demonstrated a positive correlation between proficiency in a foreign language and cognitive perceptual performance. Learning a second language may improve memory skills. Not surprisingly, there appears to be a positive correlation between bilingualism and memory improvement. A study conducted by R. Moniri in demonstrated that bilingualism may contributed to improved episodic memory and semantic memory among children at all age levels. Learning a second language may improve problems solving abilities. Bilingualism may also contribute to improved social problem solving among children. A study of 84 Hispanic children from homes where the predominant language was Spanish showed that bilingual children had a greater ability to solve social problems than their monolingual counterparts. Stephens, Mary Ann Advisor: Bilingualism, creativity, and social problem-solving. Learning a second language may improve verbal skills. One of the biggest benefits of learning a foreign language appears to be in the development of verbal skills. Several studies show that bilingualism supports “ even enhances “ the development of verbal abilities among students of all age groups.

## Chapter 4 : 7 benefits of learning another language

*The benefits of learning a second language. by Jennifer Smith. Learning a new language takes time and dedication. Once you do, being fluent in a second language offers numerous benefits and opportunities.*

Check new design of our homepage! This Penlighten post elucidates on the importance of learning a second language. Penlighten Staff Last Updated: Mar 8, Most countries today, because of increasing urbanization, international commerce, tourism, business travel, and modern technology have begun to embrace the concept of a society that is multicultural. And evidently, a globalized multicultural society would naturally be multilingual. In the United States, most students usually study just English, or learn a second language at a stage when gaining proficiency becomes too late. The importance and advantages of learning a second language is continuing to increase day by day. For example, the inflow of immigrants of Hispanic origins into the US has resulted in creating a great need for Spanish translators and interpreters. The situation is likewise in a number of other languages as well. However, the importance of learning a second language is not merely limited to the ability of communicating with people who speak different languages. Studies show that learning a second language results in students achieving greater levels of divergent thinking, creativity, and cognitive development compared to monolingual children. A number of studies have also shown that when students learn a second language they have a tendency of outscoring those who are proficient in only a single language on tests of nonverbal and verbal intelligence. Plus, when people learn a second language, they become a valuable asset to the community. Apart from the requirement of translators and interpreters, there is an increasing number of jobs where people are required to interact with others who speak other languages. Learning a second language also enables a person to adapt to a variety of cultural backgrounds. Also, the capacity of communicating in another language can be a contributory factor to the overall achievement of professional and personal career goals. Language is one of the main components of the civilization and culture of the people who speak it. Hence, learning a second language can be a comparatively easy and wonderful way of absorbing another culture. It also enables us to comprehend what role language plays in shaping our thought patterns. Often, other languages have better methods of expressing ideas, concepts, or thoughts compared to English, thus enabling speakers communicate better. Learning a second language, therefore, not only challenges your mind, but also enriches your soul, so to speak. Apart from being able to converse with different people in their own language, it can also teach you understanding, tolerance, and patience. As immigration, communication, business, and transportation bring people closer and closer in touch with each other, the world is becoming a smaller and smaller place. By learning a second language, and perhaps even more, we can understand each other better and deal with each other with more empathy and consideration.

## Chapter 5 : Disadvantages to Children Learning a Foreign Language | How To Adult

*Learning a foreign language draws your focus to the mechanics of language: grammar, conjugations, and sentence structure. This makes you more aware of language, and the ways it can be structured.*

Henry Stivenson Posted at Those who do, advance in learning steadily and according to their schedule. While most people find themselves learning a new language as a necessity, many others do it because it is fun. It feels more sophisticated to know more than one language. It can be highly beneficial in your life over the long run. However, it is not an easy task to learn a new language no matter whether it is for fun or out of necessity. According to The Guardian, the ICM survey, which questioned 1, young people aged from across the UK in June this year, paints a picture of a generation perhaps surprisingly open to the prospect of language learning, but often deeply lacking in the confidence of their ability to put their language studies into practice. The research had indicated that A-level languages are perceived as being harder than other subjects and their content is demotivating. Sitting down with a language textbook and trying to teach yourself a new language is not only boring, it takes an inordinate amount of time. It can take months to capture the basics of a particular language. Fluency comes far later. For example, those people who are migrating or taking up a job abroad. There are methods that can be used to reduce the time it takes. Vocabulary “ the most basic step towards learning a new language is to learn its words. Familiarity with the words will lead you to form sentences. Sentence Patterns and Elements “ this has to do with how you ask and answer questions. Making coherent sentences is the way to make someone understand what you are saying. The ability will also help you understand what others are saying and how you might respond. Grammar Rules “ Each language has certain rules that need to be followed. There is a special type of media developed for the first and second component “ a bilingual graded book. Bilingual graded books are also called bilingual graded readers. They offer a parallel translation that allows the user to learn a new language in less time. With the translation on the same page, learners can effortlessly learn what any unfamiliar words mean. They can quickly pick up new vocabulary and phrases that are used over and over in texts of bilingual graded books. When they read a graded bilingual reader, they can pick up chunks of language and vocabulary that they can use in conversation and other real-world applications. It also significantly reduces the amount of time it takes to become conversational in a new language. As you read a bilingual reader, your brain begins to remember words and phrases simply because you are exposed to them several times. Listen to the audio tracks that should always accompany a bilingual graded book to learn how words are said and to improve your overall ability to speak the new language. A good idea is to use the free VLC media player to control the playing speed. Decide what is better for you a paper book or an e-book. Many of the e-readers by Amazon, Barnes and Noble, and Kobo have dictionaries pre-loaded on their devices, with options to download additional ones, for free. If you do not have an e-reader, you do not have to buy one, because you can download it as a free app to your phone and use it right away. Writing your own notes, searching or making highlights is ridiculously simple with an e-reader or e-reading app. Anything you do with an e-book is also synced to the cloud, ensuring any change will follow you, no matter what device you are on. Choose and buy a book on a suitable topic, for example general, business, medical, culinary, dialogues, students, cooking, family, tourists, detective, short story or whatever you like. Read it for about twenty minutes a day. Try to use the target language after you have learned for a month. Two or three minutes of small talk two or three times a week or more often will give you some motivation and encourage you to learn new questions and answers for new dialogues. They are your steps to success. You will spot and correct them sooner or later anyway. They will not be for the rest of your life. Better not to talk at all than to talk incorrectly? Start talking as much as you can! Your language will improve every time you talk. It can usually take you from one to three months to finish a bilingual graded reader at beginner level A1 and elementary level A2. The amount of time depends on your previous experience with learning foreign languages and on your personal abilities. At this point you should be able to ask and answer simple questions with the following questioning words: As you improve and become more confident in your ability to use the new language, you can move on to the next reader level and continue your language-learning

journey. After using a bilingual graded book for a week or two you are ready to study grammar rules, so buy a good grammar book. A grammar book will satisfy your curiosity about grammar rules awakened by the bilingual graded book. Read the grammar book to find out how you can use your target language more precisely. Follow this order – first read a reading book, then use a grammar book and exercises to make your learning experience uninterrupted. Language text with a parallel translation has helped many to uncover their potential for learning multiple languages. Whether you are learning a language as a hobby or for a necessary purpose, you will find such books are supportive. However you should frequently use the target language by using bilingual graded books with audio tracks, grammar books, chats, internet pages and even songs to maintain your motivation and progress. Remember – twenty minutes a day does the magic!

**Chapter 6 : Why learn a foreign language? Benefits of bilingualism - Telegraph**

*Furthermore, people who have learned a foreign language show greater cognitive development in mental flexibility, creativity, problem-solving, conceptualizing, and reasoning (Cognitive Benefits of Learning a Second Language).*

By Contributor One strives to learn a foreign language for a variety of reasons. A teacher in a multilingual school has to have the ability to reach out to students of different cultures. Migrants lessen the impact of adjustment if they have made an effort to learn the language of their new country in advance. Learning a foreign language enables bridging of social barriers. A person gets to enjoy social and economic benefits, as well as the mental benefits of learning a foreign language. Here are some reasons why you should learn a foreign language. A foreign language is a whole new system with distinct rules, etymology, and meaning, which are just a few of the complexities of a language. Learning a new one puts the brain to task by recognizing this new language structure. As the brain works out meaning and makes full use of this new arsenal to express ideas, it sharpens skills on reading, negotiating, and problem-solving. Multi-tasking is stressful to those who are not skilled at it. People who are multilingual are proficient at slipping from one tongue to another, one language system to another totally different language mechanics. This is a very distracting and demanding work, not only for the tongue and language faculties, but especially for the brain. People who have developed this are highly proficient multi-taskers and commit very minimal error when juggling various activities. The studies were conducted with other variables such as gender, overall health, educational level, and economic status, but there were no significant results that contributed to the mentioned diseases as significantly as the number of languages spoken. The more the brain is used, the better its functions work. Learning a new language structure entails familiarizing with vocabulary and rules, and applying these memorized information into communication. This strengthens memory because the brain has built its ability to associate information with mnemonics and retains information better. Hence multilingual people have brains that are more exercised and quick to recall names, directions, shopping lists. A study conducted in Spain showed that polyglots, or multilingual people, have alert and keen minds. They easily spot anything that is irrelevant or deceptive. The study was conducted comparing multilingual and monolingual subjects; and the former notably had the edge. The discipline that they developed in studying an unknown subject has molded them to become more perceptive. Thus, they learn to be critical-thinkers. The decision-making ability becomes an easier process for multilingual people. Aside from the rules and vocabulary that go with learning a foreign language, there are nuances and vernacular expressions that a student of language frequently judges for appropriateness and hidden meanings. Decision-making becomes more prudent and discriminating. A student of foreign language is exposed to a whole new language structure and makes him more conscious of vocabulary, grammar, conjugation, idioms, sentence construction, comprehension and conversing. Learning this new mechanics is usually done juxtaposed with English, or the first language. Hence, students become more aware of English and develop a good ear for listening to the subtle gradations of each language. But with the new language on the other side, a student finds it important to look at English with more interest. Because the brain is made to operate differently, it develops a variety of cognitive skills. Studies show that the benefits of learning a new language included higher scores on standardized exams in math, reading comprehension, and vocabulary by multilingual students compared to the scores of monolingual students. Continued immersion was known to increase IQ and develop innovativeness in students. Since a language is a doorway to a particular culture, learning a new language enables a person to have a broader understanding of that race or culture. Opening up to a culture allows you to be more flexible and appreciative of other ways of doing and looking at things. As a result, if you are multilingual, you have the advantage of seeing the world from different vantage points. With universal unemployment problems, a multilingual ability is definitely a competitive edge over others. And these are just bonuses to the evident ability to communicate in several languages and cross cultural barriers. Self-confidence is a natural consequence after summing all benefits of learning a new language. By simply mastering one skill, the other faculties are developed. It is an interesting outcome, not at all something that you list as your expected result

when you embark to learn a new language. But trying to understand a language and the heritage that goes with it will put you in a position of self-discovery. It makes you come to terms with how you view the world and other cultures, and have more appreciation of your own. In the end, you come to terms with yourself, too. The cognitive and mental benefits of learning a foreign language are instantly apparent. But it also brings a host of social, cultural and personal benefits. It is best introduced at the earliest age possible. But learning it at a much later age is still very much worth it. Delaying dementia and related diseases is good enough reason to learn a new language today.

### Chapter 7 : Benefits of Learning a Second Language at an Early Age | Lead with Languages

*Learning a language forces you to improve your listening skills and while making you look at your own language in a different way. People rarely give a second thought to how their native language works, but language learners are forced to be more conscious of grammatical rules and constructions of that language, which can give new insight into.*

By Megha Cherian Feb. It came out of a need to recognize and protect the critically endangered languages around the world. So in honor of International Mother Language Day, here are 7 good reasons why you should learn a new language. Learning a language is a great way to keep your brain healthy and sharp. Switching between languages causes the part of your brain responsible for problem-solving and filtering information to work more efficiently. For more information on the bilingual brain, watch this quick Ted Talk. Language is the best introduction to a new culture. It automatically makes you interested in the cultural traditions that are tied to learning a language. Of course, you can still learn about other cultures, but language learning really allows for a more immersive experience. Even movie titles can get lost in translation. But multi-linguals can read new literature without translation, sing along to songs and actually understand the lyrics and watch foreign films without the need for pesky subtitles. With a new language, a whole new world will be open to you. People rarely give a second thought to how their native language works, but language learners are forced to be more conscious of grammatical rules and constructions of that language, which can give new insight into how they use their mother tongues. If you are or aspire to be a globetrotter, learning languages is a must! You can converse with locals without relying on charades or translation books and, most importantly, know what food to order without pointing at pictures. Knowing Spanish for instance, is helpful in learning and understanding other Romance languages like Italian, French and Portuguese. Language is one of the most important instruments of preserving heritage. According to the UN, half of the more than languages spoken in the world will disappear by the end of the century. And we may lose more than just words if we let them die out. Language also conveys unique cultural expressions. While not every language may survive amidst globalization, choosing to study a lesser known language can help promote the preservation of minority languages and protect the cultural knowledge that comes along with it. When a language disappears, so does its culture and the body of knowledge it has accumulated. A huge reason for cultural stereotypes, and prejudice is a lack of understanding between people of different cultures. The way languages are formed and local language like slang can give great insight into the people who speak it. While learning a different language can make you more aware of cultural differences, you also come to understand why those differences exist and the importance of respecting cultures different from your own. Language learning can inspire solidarity, tolerance, and understanding especially in a time when refugees are denied help because of xenophobia and cultural prejudices. View post on [imgur](#). Having the ability and willingness to engage with many different kinds of people can go a long way in better understanding and tackling global challenges like poverty and inequality. Your brain will thank you for it!

**Chapter 8 : The Benefits of Learning a Second Language for Kids**

*The Benefits Of Language Learning. There are just a few things in this world which make me angry and sad at the same time. But the one that takes the cake is reading almost every month for the past few years that soon, oh so very soon, learning languages will become obsolete.*

Disadvantages to Children Learning a Foreign Language By Damon Verial ; Updated September 26, Foreign language education puts a cognitive strain on a child, a strain that can bring benefits and detriments. Your choice to expose your child to second-language education is a choice with lasting effects. Because learning a second language in childhood puts extra cognitive strain on the language centers of the brain, a child learning two languages at once will face different intellectual problems than monolingual children. Parents should learn about the possible negatives before they make an informed choice about whether send their children to foreign language studies. Language Setbacks Learning a new language puts extra cognitive strain on children. This strain affects children differently than would an extra math course in school. For example, toddlers have the cognitive capacity to learn approximately 20 new words a month, but this number is for total words. Cultural Discrepancies For many older adults, the choice to learn a foreign language is one of interest, for reasons of business or as per school requirements. Some parents wish their children to learn more about their origins, such as Hispanic American parents wanting their children to learn Spanish. Other parents wish to prepare their children for future opportunities, as is the case for many parents in China who send their children to English schools. Either way, due to the intimate link between language and culture, your child will get a taste of a foreign culture. This can result in cultural confusion in some cases, especially when a child is of a multi-ethnic background. For example, a Japanese child living in Hawaii might be surrounded by other Japanese Americans, attend Japanese school and even have Japanese extracurricular activities. The result of living in a Japanese community but still being American can cause a child to question his identity, especially in the teen years when self-identity becomes crucial and deeply linked with social circles. However, this leads to another problem: According to Hoff, areas in the brain dedicated to language have cut-off points for when they are receptive of new sounds. Hence, parents can be stuck between choosing to subject their children to a lessened language development or potentially permanent obstructions to language mastery. The Bright Side Learning a foreign language is not all difficulties. Many of the problems associated with learning a second language either disappear or are minor for most purposes. For example, the language learning delay that causes a child to be weaker in both his native and second language dissipates as she approaches her preteens. The foreign accent that characterizes a child who begins learning his second language in late childhood does not bar him from working as a translator or integrating into a new culture; accent training can help older children lessen the severity of their accents. In addition, learning a foreign language brings children more cognitive challenges that result in better skills. For example, the addition of a new grammar predisposes children to seeking out rules, making them stronger in logic and math. Additionally, the learned ability of switching from one language to another helps children build concentration skills.

## Chapter 9 : Benefits of Learning a Foreign Language

*Learning a second language sharpens the mind in a few different ways. Studies show that multi-linguists have an easier time multitasking and show signs of improved information recall compared to their monolingual peers.*

The benefits of learning a second language by Jennifer Smith Learning a new language takes time and dedication. Once you do, being fluent in a second language offers numerous benefits and opportunities. Learning a second language is exciting and beneficial at all ages. Although it has been proven that it is easier for children to learn a second language, it is certainly never too late to learn, and the benefits definitely reward the effort and dedication. Here are the top benefits of learning a second language: Companies who plan to expand into overseas market are constantly looking for bilingual staff, who of which are well-paid and receive excellent benefits, as they will ultimately give the company a huge competitive advantage. By learning a second language, you will be indispensable at your place of work as you can easily bridge the cultural gap between the two countries, and those with the ability to speak a second language are more likely to find a job. Brain health Medical studies has shown the positive effects learning a second language has on the brain. Studies showed that learning a second language significantly delayed the onset of many brain related diseases such as Alzheimer and dementia, compared to those who can only speak their native tongue. Travel and leisure Learning a new language opens up a world of new opportunities. If you choose to learn a commonly spoken language, such as Spanish, French or German, you can travel practically anywhere in the world and not have trouble with translations. You can confidently go about your business and in another country and speak freely to locals and other travellers. You will have a much better experience as you can effectively communicate with much more people, which will ultimately open up your mind and put things into different perspectives regarding the different cultures of the world. Improved first language As we go about our everyday lives, we rarely give a second thought to our own grammatical structure and vocabulary. However, when learning a new language, many people find they have a greater understanding of their first language. Learning a second language focuses your attention on the grammatical rules constructions of that language. This experience gives people a new insight into their own language and ultimately leads to them improving their mother tongue, which will improve their everyday lives. Improved understanding of the world Learning a new language gives you a greater global understanding of the world we live in. Even by learning a few phrases, never mind a whole language, you will access many fascinating cultures around the world and understand the differences between the two countries. You will have access to a whole new array of film, music and literature, and a greater understanding of the history and culture of the nation and ultimately a better understanding of the way the world works, including politics and security. Experience new cultures The world is a cauldron of rich and interesting cultures. Learning a new language allows you to access many different cultures across the world. You will have the chance to see fascinating new things from a new perspective, which not many people can, and connect with the new people all over the world. Different culture has its own music, style, history, literature and many more interesting things which you will be able to enjoy and understand. You will be able to connect through books, TV, the internet and converse with a whole countries worth of people, ultimately broadening your horizons, interests and views. A whole new world will be open to you. Achievement Learning a new language is a an achievement anyone can be proud of and is extremely satisfying. Once the hard work and effort has paid off, you will experience the many benefits associated with learning a new language and you will have a new found confidence. Learning a new language will open up our world in ways a monoglot a monoglot would never have the chance of experiencing. Your mind will be constantly be engaged and you will gain an insight into many different cultures. Learning a second language also makes it easier to learn a third, which will certainly broaden your horizons. What do you think of this blog? Can you think of anymore benefits of learning a second language? If so, please leave your comments below. Written by Jennifer Smith on behalf of Kwintessential , the translation specialists. More information about how to improve brain function.