

THE BENEFITS OF BILINGUALISM

**HOW BILINGUALISM
CAN IMPROVE
YOUR LIFE**



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Being able to speak two languages is a great gift. Bilingualism is an incredible skill- it can lead to stronger brain functioning, higher incomes, and positive health impacts. In many ways, bilingualism is a superpower!



EXECUTIVE FUNCTIONS

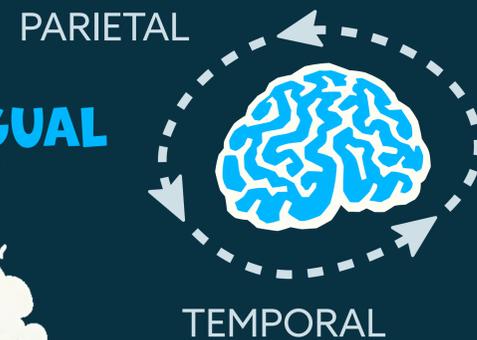
Bilingualism makes executive functioning skills stronger. Researchers in Milan studied brain scans of bilingual and monolingual individuals. They found that people who are bilingual have significantly more gray matter in the portion of their brain called the anterior cingulate cortex (ACC). The ACC is one of the portions of the brain involved in executive functioning.

LANGUAGE SWITCHING

People who are bilingual are consistently switching between languages and interpreting which language needs to be used at which time; this is brain exercise, which leads to the strengthening of this portion of the brain muscle. Researchers conclude that by having more gray matter in this portion of the brain, people who are bilingual may have an easier time with executive functions, including decision-making, motivation, and emotional regulation.

INCREASED CONNECTIVITY BETWEEN PARTS OF THE BRAIN

MONOLINGUAL BRAIN



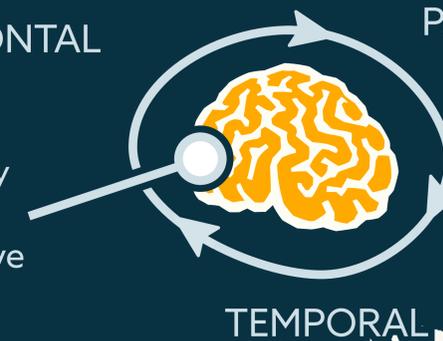
FRONTAL

FRONTAL

PARIETAL

Increased density of grey matter as well as more activity involving extensive areas of the brain

BILINGUAL BRAIN



TEMPORAL

<https://blog.science.edu.sg/2023/05/05/mind-matters-chapter-9-bilingualism/>



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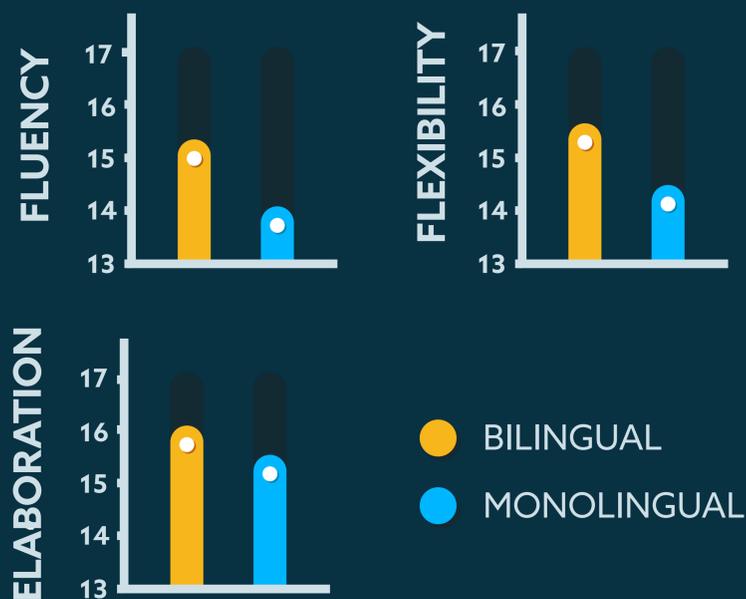
MULTITASKING

Bilingualism makes people better at multitasking. People who are bilingual are multitasking without thinking about it. As a person's brain transitions from one language to another, they are processing information and shifting between languages at the same time.

Research shows that the ability to multitask linguistically translates to an ability to multitask in other areas of a person's life because it strengthens the executive functioning skills in the brain.

AVERAGE SCORES FOR CREATIVE ABILITIES

Kharkhurin A. Bilingualism: Language & Cognition. 2008



SCALES = ATTA MEASURES (N = 150)

MATHS AND READING

Bilingualism can increase math and reading performance. Several studies have shown a correlation between bilingualism and stronger mathematical abilities in students.

Along with increased performance in mathematics, there is also evidence that bilingualism can increase students' reading abilities.

JOB OPPORTUNITIES

Bilingualism increases earning potential and job opportunities. Research shows that employers from all career fields prefer to hire bilingual employees.

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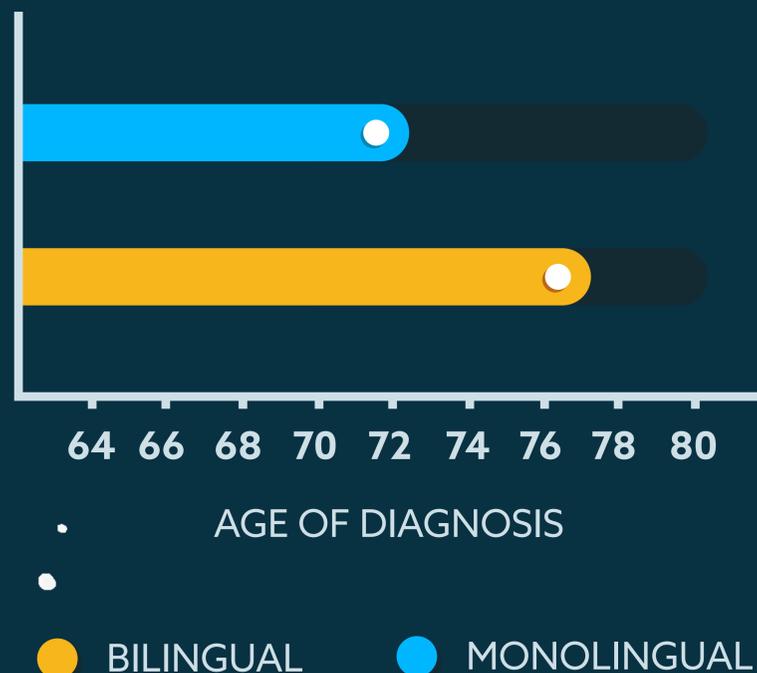
BRAIN PROTECTION

Bilingualism can prevent negative effects of disease and brain injury. In recent years, a number of studies have been published looking at the impacts of bilingualism on human health. Many of these studies have surprising results showing the protection that bilingualism can provide to the brain.



BILINGUALISM DELAYS ALZHEIMER'S DISEASE

Woumans E et al. Bilingualism: Language and Cognition. 2015



DELAYED SYMPTOMS

A study from York University found that people who are bilingual have delayed symptoms after a diagnosis of dementia; while bilingualism didn't stop a person's dementia, people who were bilingual exhibited symptoms approximately four years later than people who were monolingual with the same disease pathology.

COGNITIVE RECOVERY

Another research study examined stroke patients and looked at the different outcomes for bilingual and monolingual patients. The study found that people who were bilingual were more than twice as likely to recover their cognitive functioning skills as people who spoke only one language.