

# How Bilingualism Affects Brain Development

A

In recent decades, researchers have increasingly focused on how bilingualism—the ability to speak and understand two languages—affects brain development. Once viewed as a potential hindrance to cognitive abilities, bilingualism is now recognized for its numerous benefits.

Scientists have discovered that growing up with two languages can shape the brain's structure and function in unique ways, influencing areas such as attention, memory, and problem-solving. This article explores the current understanding of how bilingualism impacts brain development, the mechanisms involved, and the broader implications for education and

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regulate attention, switch between tasks, and inhibit distractions. Studies using brain imaging techniques have revealed that bilingual individuals tend to have greater activation in the prefrontal cortex and anterior cingulate cortex—regions linked to executive functions—compared to monolinguals. These enhanced cognitive controls are thought to develop from the need to select the appropriate language depending on context, while suppressing the other.

C

Research also indicates that bilingualism influences the brain's grey matter volume, which consists largely of neuronal cell bodies involved in processing information. For example, a study published in *Nature* in 2015

found that people who were bilingual from childhood had increased grey matter density in areas related to language processing and cognitive control. This physical difference is believed to reflect neuroplasticity, the brain's ability to adapt structurally in response to environmental demands. Notably, these changes are more pronounced when bilingualism is acquired early in life, emphasizing the critical window during childhood for brain development.

D

Beyond executive control and grey matter changes, bilingualism has been linked to enhanced memory performance. In tasks that require working memory—the capacity to hold and manipulate information over short

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E

An intriguing area of study concerns how bilingualism may protect against cognitive decline in aging populations. Several longitudinal studies have found that bilingual older adults tend to develop symptoms of dementia and Alzheimer's disease later than monolinguals. While the exact mechanisms remain unclear, one hypothesis is that bilingualism builds a form of "cognitive reserve"—a resilience that allows the brain to compensate for damage or degeneration. This protective effect highlights the long-term benefits of bilingualism for brain health, encouraging

further research into language learning as a potential intervention for neurodegenerative diseases.

F

However, the effects of bilingualism on the brain are not uniformly positive or automatic. Factors such as language proficiency, frequency of use, and cultural context influence the cognitive advantages observed.

For instance, individuals who use both languages regularly and have high proficiency tend to exhibit stronger executive control benefits.

Conversely, those with limited exposure or low proficiency may not experience significant cognitive differences from monolinguals.

Additionally, the social environment—whether bilingualism is valued or

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How to inform: Write it in the Skype chat or the comments section when making a reservation. and neurological benefits of bilingualism supports early childhood programs that encourage learning multiple languages. It challenges the outdated notion that bilingualism confuses children or delays language acquisition. Instead, educators and policymakers are urged to view bilingualism as a valuable asset that enhances cognitive flexibility, academic achievement, and even long-term brain health. As scientific understanding grows, bilingualism may increasingly be promoted as a tool for nurturing well-rounded, adaptable minds.

# Questions

## 1–4. Matching Information

Match the following statements (1–4) with the paragraph (A–G) in which the information is found.

Write the correct letter, A–G, next to each statement.

1. Bilingualism may delay the onset of dementia symptoms.
2. Bilingualism can lead to physical changes in brain structure.
3. The cognitive benefits of bilingualism depend on language use and proficiency.
4. Bilingual children show improved executive function compared to

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YES if the statement agrees with the information

NO if the statement contradicts the information

NOT GIVEN if there is no information on this

5. Bilingualism always leads to better cognitive skills regardless of how often both languages are used.
6. The increase in grey matter due to bilingualism is permanent and cannot change with age.
7. The prefrontal cortex is involved in language processing and cognitive control in bilinguals.

## 8–10. Summary Completion

Complete the summary below using NO MORE THAN TWO WORDS from the text for each answer.

Bilingualism enhances mental abilities by improving (8), which involves focusing and switching tasks. Studies show that early bilinguals develop more (9) in the brain regions associated with language. Older bilingual adults may benefit from a form of (10) that protects against brain diseases.

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## 11–13. Multiple Choice – Detail/Factual

Choose the correct answer. A. B. C. or D.

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D) Temporal lobe and occipital lobe

12. According to the article, what factor is NOT mentioned as influencing bilingual cognitive benefits?

A) Proficiency in both languages

B) Frequency of language use

C) The person's age when they learn the second language

D) The type of language spoken

13. What is one reason bilingualism was previously seen negatively?

A) It was believed to slow down mental development

B) It was thought to reduce vocabulary size

- C) It was associated with lower IQ scores
- D) It was linked to speech disorders

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## Answer Key

1. E
2. C
3. F
4. B
5. NO
6. NOT GIVEN
7. YES
8. Executive control
9. grey matter
10. cognitive reserve

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