

# Growing Up Bilingual Is Such a Gift

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## Becoming bilingual, especially from an early age and at higher levels of proficiency, offers a wide range of benefits to children.



#### **PERSONAL BENEFITS**

Learning Spanish or Chinese today allows your child to further enjoy his tomorrow. Being able to speak Spanish or Chinese enables your child to more easily and more joyously travel the whole Spanish-speaking world, or to visit mainland China and Taiwan; he will also be able to interact with Spanish- or Chinese-speaking people in our communities. If your family comes from a Spanish- or Chinese-speaking

background, practicing the Spanish or Chinese at school will make him more comfortable interacting in the language with family members who do not have strong English skills. Long-term, knowing a second language can free up a student's time to pursue other activities in his later schooling: high school language requirements will be met with ease and college admissions look favorably on students who can speak more than one language. As an adult, knowing Spanish or Chinese of course can open up additional job opportunities.

### **COGNITIVE BENEFITS**

Recent research indicates that being bilingual may actually make people more creative and better at solving complex problems. Bilingual children can also benefit from a stronger working memory, the ability to hold facts in mind that aids in many skills, such as comprehending complex sentences, or performing mental math efficiently. Bilingual children may

also have an edge in executive function, or the ability to consciously direct their activities, which is highly correlated to school and life success! Recent studies have even shown that full bilingualism may delay the onset of Alzheimer's symptoms!

#### **ACADEMIC BENEFITS**

While some educators and parents may be concerned that speaking and learning in more than one language may negatively impact academic achievement, many studies actually point to opposite results. Knowing another language well actually imparts a stronger ability in meta-language skills, such as understanding grammar rules. Compared to mono-lingual children, bilinguals also appear to have an edge in achieving high scores in standardized tests, such as the Scholastic Aptitude Test (SAT).