

## 2. What does research show about the benefits of language learning?

There is extensive brain research on the cognitive advantages of learning a second language. Here they have been divided into three major areas: academic achievement, cognitive benefits and affective growth.

**A. Academic achievement:** (Click on the statement to review the specific studies that support this claim.)

[Language learning correlates with higher academic achievement on standardized test measures.](#)

[Language learning is beneficial to both monolingual English and English language learners in bilingual and two-way immersion programs.](#)

[Language learning is beneficial in the development of students' reading abilities.](#)

[There is evidence that language learners transfer skills from one language to another.](#)

[There is a correlation between second language learning and increased linguistic awareness.](#)

[There is a correlation between language learning and students' ability to hypothesize in science.](#)

[Language learning can benefit all students.](#)

[There is a correlation between young children's second language development and the development of print awareness.](#)

[Heritage learners who use their language skills to interpret and translate for family members experience higher academic performance and greater self-efficacy.](#)

[There is a correlation between language study and higher scores on the SAT and ACT Tests.](#)

[There is a correlation between high school foreign language study and higher academic performance at the college level.](#)

**B. Cognitive benefits to students:** (Click on the statement to review the specific studies that support this claim.)

[There is evidence that early language learning improves cognitive abilities.](#)

[There is evidence bilingualism correlates with increased cognitive development and abilities.](#)

[There is a correlation between bilingualism and the offset of age-related cognitive losses.](#)

[There is a correlation between bilingualism and attentional control on cognitive tasks.](#)

[There is a correlation between bilingualism and intelligence.](#)

[There is a correlation between bilingualism and metalinguistic skills.](#)

[There is a correlation between bilingualism and memory skills.](#)

[There is a correlation between bilingualism and problem solving ability.](#)

[There is a correlation between bilingualism and improved verbal and spatial abilities.](#)

[Find out more about the benefits of language learning by investigating these resources.](#)

[Find out more about the benefits of bilingualism by investigating these reviews of the literature.](#)

**C. Affect attitudes and beliefs about language learning and about other cultures?** (Click on the statement to review the specific studies that support this claim.)

[Research suggests that language learners develop a more positive attitude toward the target language and/or the speakers of that language.](#)

[Helpful Resources on the topic of attitudes and foreign language learning.](#)