

OUR LUISE

WHY LEARNING LANGUAGES IMPROVES YOUR BRAIN



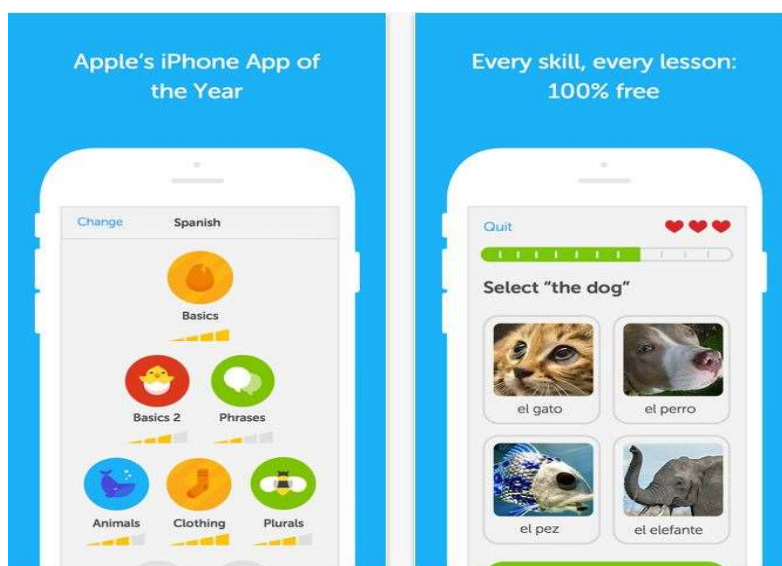
Covid-19 forces people to stay at home



It is scientifically proven that language learning improves your brain

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Nowadays we are in difficult times because Covid-19 is forcing us to stay home. Are you also bored because you have no clue what else to do with your time? Why don't you start to learn a foreign language? If you're asking yourself why learning a new language, I have the perfect answer for you. The importance of learning languages is huge. Many people think that learning a foreign language is just giving you the skill to speak it. But there are much more advantages, that you may not have expected and which will convince you to start learning languages. So, you can utilise your time practically by learning languages.



Today language learning is easier than ever before

Learning languages improves your skills. According to Prof. Maddux who says, that speaking more languages is very good for your brain skills that are expressed through your increased creativity, multi-tasking skill and your skill to solve problems easily. He is also saying in the article of Annie Murphy Paul that people, who are speaking foreign languages, are thinking more complexly.

Angela Leung is saying in the same article that these people are making "unexpected links among concepts (TIME April 29,2014 1.22)." She also says that they have more tolerance for ambiguity and open-endedness. Learning foreign languages also improves your brain. As John Mc Worther says in TedTalks 2017, learning languages decreases the risk to get brain referring chronic diseases, like dementia. He is also mentioning that languages are influencing your thoughts and as more languages you speak, as more you are thinking in Differential ways. So, you are able to understand the different cultures better, too. This is helping you if you are travelling or have contact to other culture. It protects you for a culture shock.

Moreover, learning languages has never been easier before. John Mc Worther says that learning languages is based on the new technologies easier than ever before. Nowadays, there are computers or smartphone applications that help you to learn languages. These apps are able to create learn plans and can filter specific vocabularies that you need for your reason, why you have started to learn this language. If you want to travel to Spain for example, you are able to download an app and the app will show you the lost important phrases and vocabulary for your travel, like phrases to order something in a restaurant. An example for those apps is Duolingo. The language app Duolingo is a free language learning app which helps you to get fluent in different topics in a foreign language. It covers topics like food, clothes or school.

Last, I would like to highlight the benefits regarding your profession: If you are talking about the advantages of learning a foreign languages is nearly always that you have better chances at the job market. And this is true. If you are able to say that you speak many languages fluently, you have a better chance to get a job because the skill to speak languages has a big impact on the employer. It is not just helping you at jobs where you obviously have to speak other languages, like journalist or interpreter. It helps you to get every job because all advantages of learning languages are increasing your effectivity at every job, which is known by the employer, too.

As a conclusion, I would like to say that learning languages is seriously very important and has many advantages. There is not just the skill to speak the language, but many other advantages that you know now. There is the advantage to get a job easier, it has never been easier to learn languages and it is protecting you and improves your brain. So why don't you grab your smartphone instead of your remote control and start to learn a foreign language right now?



IN THIS EDITION

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