

# Language learning and benefits

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# Article

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## Language and its benefits

In today's world, speaking more than one language is not just a skill—it's a superpower. Whether you are learning English or dreaming of speaking three or four languages, being bilingual or polyglot brings many amazing benefits. Science agrees: your brain, your job, and even your relationships can improve.

Let's explore why language learning is so powerful.

Learning a language is like training at the gym—but for your brain.

## **It Makes Your Brain Stronger**

Many studies show that bilingual people have better memory, focus, and problem-solving skills.

According to a study published in Trends in Cognitive Sciences, bilinguals can switch tasks faster and are better at ignoring distractions.

Also, learning languages can help delay brain aging. A study from the University of Edinburgh found that people who spoke more than one language developed Alzheimer's disease later than those who only spoke one.

So when you learn a new word in English, you are also protecting your brain!

Today, many companies want employees who speak more than one language. In international business, tourism, tech, and medicine, being bilingual or polyglot can open more doors.

A study by New American Economy showed that job ads asking for bilingual workers in the U.S. more than doubled between 2010 and 2015. Knowing a second language gives you an advantage and can even increase your salary.

Languages are bridges. When you speak more than one language, you can connect with more people from different countries and cultures. You understand their jokes, music, emotions, and dreams.

This makes you more empathetic, open-minded, and confident. In fact, research from the University of Chicago shows that bilingual people are better at making decisions because they can see things from different perspectives.

## **It Opens the Door to the World**

When you speak more than one language, traveling becomes a new experience. You can ask for directions, order food, or even make new friends without fear. You don't just visit a country—you live it.

And even if you don't travel, language gives you access to books, podcasts, news, and shows in their original version. You become a true global citizen.

## **Languages as a Symbol of Personal Power**

When someone speaks two or more languages, they often feel more confident, successful, and unique—like they’ve earned a badge of honor. In fact, this feeling is similar to buying something luxury, like a Rolex watch or a Ferrari. But instead of showing wealth, it shows intelligence, dedication, and global power.

A study from the University of Vienna found that multilingual individuals often see their language skills as part of their identity and personal pride. They don’t just “know” a language—they become someone bigger.

Each language adds a new layer to who they are.

In psychology, this is called aspirational identity—when you act, speak, and even feel like the person you want to become.

Being bilingual makes you feel capable of doing more, going further, and dreaming bigger. You walk differently. You speak with more purpose. You're not the same person anymore—you're someone who can live in two or more worlds.

So yes—owning a Ferrari might turn heads. But owning a language turns lives. It's your passport to respect, success, and self-esteem—without needing to buy anything.

## Key questions for debate

1. Does learning a second language really make you smarter?
2. Can learning languages protect your brain better than doing puzzles or reading books?
3. Should speaking more than one language be required for good jobs today?
4. Is speaking English more important than learning other languages? Why or why not?
5. Do people who speak many languages feel more powerful or important? Is that a good thing?
6. Is being bilingual more valuable than owning luxury items like a Rolex or Ferrari?
7. Can learning a new language change your personality?
8. Is it better to learn one language very well or speak many languages at a basic level?
9. Can you truly understand a culture without speaking its language?
10. Should all schools in the world teach at least two languages?
11. Do you feel different when you speak English vs. your native language? Why?
12. Do you believe you are more attractive, confident, or successful when speaking another language?
13. What language would you choose to learn if you could speak it fluently tomorrow? Why?



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