

EXECUTIVE CONTROL

Bilinguals have improved ability to multitask and switch between tasks, can hold attention longer, and have better working memory.

BRAIN POWER

Bilingualism is a mental workout that fine-tunes thinking.

GRAY MATTER

Bilingual brains have denser gray matter compared with monolingual brains. Grey matter density is related to increased intellect.



MENTAL FLEXIBILITY

Bilinguals have greater mental flexibility and higher metalinguistic awareness.

CREATIVITY

Bilingualism enhances creativity in thinking "outside the box" and problem solving skills.

HIGHER PERFORMANCE

Bilingual students generally outperform and score higher on college entrance exams than monolingual students.

HEALTHIER BRAIN

Delay of brain diseases like dementia and Alzheimers.