

Why being bilingual is good for your brain | BBC Ideas

Multiple-Choice Questions

1. According to the video, what was the earlier misconception about being bilingual?
 - a. It enhances creativity
 - b. It causes confusion and hinders development
 - c. It improves concentration and memory
 - d. It leads to better problem-solving

2. What is the mental equivalent of going to the gym every day, as mentioned in the video?
 - a. Learning a new skill
 - b. Learning a new language
 - c. Exercising the body
 - d. Exercising the mind

3. How does being bilingual affect the brain, as explained in the video?
 - a. It makes one language more dominant
 - b. It suppresses one language at a time
 - c. It deactivates other languages
 - d. All languages are active simultaneously

4. What did the 2007 study in Toronto reveal about bilingual people?
 - a. They develop dementia earlier
 - b. They recover better after a stroke
 - c. They have worse memory
 - d. They have slower reaction times

5. What is cognitive reserve, as defined in the video?

- a. A reserve of language skills
- b. A reserve of thinking abilities
- c. A reserve of physical fitness
- d. A reserve of creativity

6. According to the video, what is special about language in building cognitive reserve?

- a. Language is simple and straightforward
- b. Language has no effect on cognitive reserve
- c. Language is broad and complex
- d. Language only affects memory

7. When is the best time to learn a new language, based on the video?

- a. As a child
- b. In adolescence
- c. In adulthood
- d. There's no best time

8. What did the 2023 study at Great Ormond Street discover about early bilingual children's brain connectivity?

- a. They had weaker connectivity at rest
- b. They had the same connectivity as monolinguals
- c. They had stronger connectivity at rest
- d. They had no noticeable differences in connectivity

9. What is one lesser-known behavioral effect of bilingualism, as mentioned in the video?

- a. Reduced emotional responses in both languages
- b. The ability to see other people's perspectives
- c. Improved memory and problem-solving

d. Enhanced creativity in both languages

10. According to the video, why is learning new languages important for individuals and societies?

a. It leads to better job opportunities

b. It improves emotional intelligence

c. It opens doors to new cultural experiences and life opportunities

d. It makes societies more homogeneous

Open-Ended Questions

1. What are the cognitive benefits of being bilingual, as explained in the video?

2. How does the concept of cognitive reserve relate to being bilingual and its impact on aging and disease?

3. Describe the differences in brain connectivity between early bilingual children and monolingual children, as discussed in the video.

4. Explain the behavioral effects of bilingualism mentioned in the video and how they impact communication and understanding.

5. In your opinion, why is learning new languages important for individuals and societies and how does it contribute to a more diverse and interconnected world?