Bilingual & Bilingual Education: Facts, Myths, and Future Directions
News Stories about Current Research

The Guardian: Bilingualism and Mental Health
https://www.theguardian.com/science/2016/aug/07/being-bilingual-good-for-brain-mental-health

Medical News Today: Bilingualism: What Happens in the Brain?
https://www.medicalnewstoday.com/articles/319642.php

The Texas Tribune: Interview with Dr. Rebecca Callahan, co-editor of The Bilingual Advantage
https://www.texastribune.org/2014/10/29/q-rebecca-callahan/

The Daily News: U.S. Department of Education Leaders Discuss English Learners as Asset for Multilingual Future

TED Ed: Benefits of Bilingualism
https://www.youtube.com/watch?v=MMmOLN5zBLY

The Seal of Biliteracy
https://sealofbiliteracy.org/

The Baltimore Sun: World Language Skills Matter for US National Security

The Guardian: Bilingualism and Children with Special Needs
https://www.theguardian.com/education/2014/jun/20/learning-languages-special-education-needs

Forbes: Multilingual Individuals Earn More Money

The Atlantic: How Foreign Languages Foster Greater Empathy in Children

Quartz: Know More Than One Language? How Your Bilingual Brain Could Pay Dividends
https://qz.com/358708/know-more-than-one-language-how-your-bilingual-brain-could-pay-dividends/

Rand Corporation: Dual-Language Immersion Programs Raise Student Achievement in English
https://www.rand.org/pubs/research_briefs/RB9903.html

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Benefits of Bilingualism

1. **Perform Complex Mental Tasks**
   a. The executive function of the brain shows greater activity in bilinguals.

2. **Better Academic Outcomes**
   a. Advanced bilinguals, those who can speak, read, and write in two languages, are more likely to graduate high school and attend a 4-year university.

3. **More Job Opportunities**
   a. Multiple industries are in need of a bilingual workforce.

4. **Earn More Money**
   a. Advanced bilinguals make more money and have more job security, particularly with younger generations.

5. **Receive Health Benefits in Older Age**
   a. The executive function of the brain is the first part to falter with age. Bilingualism delays the onset of dementia by an average of 5 years and Alzheimer's by an average of 3 years.

Forms of Bilingual Education in the DFW Area

1. **Immersion:** Usually for native English-speakers and common in preschool

2. **Transitional Bilingual Education:** For minority language speakers and usually only for the early grades (PreK-3rd)

3. **Dual Language Education:** For both minority language speakers and native English speakers and usually continues through elementary school and possible secondary schools
   a. Goal: Bilingual, Biliterate, Bicultural citizens
   b. One-way programs: Only for language minority speakers
   c. Two-way programs: For both language minority and native English speakers

4. **Heritage Language Classes:** For speakers of the minority language both in and out-of-school
   a. Spanish for Spanish-speakers at the high school level
   b. After school and weekend classes at community centers or places of worship

*Multiple studies show that students in strong dual language programs score better on Reading assessments in English at the 4th and 8th grades. (English learners and native English speakers)