

The Teenage Brain

During adolescence or puberty your brain goes through changes and matures. Adults like parents and teachers can help you as you go through this growth process. Adults should provide kids with opportunities during this crucial period of brain development that actually help the brain get stronger. One such opportunity would be to offer Foreign language classes to all adolescents. There are many benefits to learning a foreign language like helping you make more brain connections and helping you be more attentive and focused. Also, you can use the language later in life. Therefore, because of the research on the developing brain, schools should offer foreign language classes to all middle school students.

One benefit of taking a foreign language is you can make more brain connections that are needed to make you smarter. According to the video, *The Amazing Brain* “During childhood the body creates billions of more connections than we can use and when you’re a teenager you only have half of that” Therefore, if students take a foreign language class they can strengthen more of those connections that are not used. For example, a 5th grader takes a foreign language class they can make more connections than if they waited until high school or college because you lose more connections as you get older.

Another benefit of taking a foreign language class is that it can help students be more attentive and focused in class. According to the article, “*Learning A New Language At Any Age Can Help The Brain:*” “Researchers found that young adults proficient in two languages performed better on attention tests and had better concentration than those who spoke only one language.” This shows that if students take a foreign language class they can be better in their common core classes. Perhaps if all middle and high schools offered foreign language classes, students could not only be more concentrate in their foreign language class but also in their core classes.

Some kids don’t think that they will ever use the language so they don’t pay attention in class. They could also be disruptive and disturb the other students in the class. For example last year, three boys in my Chinese class acted up all the time. They did that because they thought they would never go to China so they didn’t think they had to learn chinese. What they didn’t realize, is that taking a foreign language has more benefits than just learning the language. Yes, that comes in handy, but more important, learning a new language makes your developing brain smarter and stronger.

All schools should adopt a foreign language class policy. A foreign language can benefit students by helping them make more brain connections. They can also help teens pay attention and concentrate more and they can motivate students. If schools adopted foreign language classes they could help their students improve their test scores. These are only some of the ways that foreign language classes can benefit teens and other students.

WORKS CITED

Wanjek, Christopher. **“Learning a New Language at Any Age Helps the Brain”**. *livescience.com*
Live Science, 2 June 2014. Web. 22 January 2015

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