

# Bilingual Studies Reveal Flaw In How Info Reaches Mainstream

February 02, 2015

***NPR:***

A host of studies and popular reports tout the cognitive benefits of being bilingual. Is that because being bilingual has mental benefits, or because the science is biased?

You know, there's a theory that if you know more than one language, it makes your brain stronger. That theory has shown up in scientific journals and newspapers and magazines. Es impresionante pero es la verdad. The truth is it's a bit more complicated. And that fact might expose a flaw in how scientific research reaches the mainstream. Our own David Greene spoke about that with NPR's Shankar Vedantam.

Hey, Shankar.

Hi, David.

Well, let's start with this theory. What is it?

Well, the theory is that speaking multiple languages – being bilingual – actually has benefits to your brain. And there's lots of people who are really excited about this idea. And it's based on the fact that there have been dozens of studies that show that when you learn multiple languages, you have better executive control.

Read the whole story: [NPR](#)