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## The Strengths of Second Language Learning

By Dagasso Etienne & Kwaltafte Philomene

*The University of Maroua*

**Second Language Learning Today-** The world has become an arena in which things change rapidly. It does not take longer centuries, nor decades for cutting edge values and tools to find themselves outdated. Research has moved to an unprecedented level of light speed changes. Stemming from this premise, this review explores current practices in second language learning. It delves into various assets associated with second language learning nowadays. Surprisingly the practice despite the challenges there pertaining displays numerous advantages worth pointing out in an ever evolving and fast changing world.

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THE STRENGTHS OF SECOND LANGUAGE LEARNING

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# The Strengths of Second Language Learning

Dagasso Etienne <sup>a</sup> & Kwaltafte Philomene <sup>a</sup>

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## INTRODUCTION

Learning a second language is a complex process. It involves a variety of internal and external factors. Research in neuroscience, cognitive psychology, and education have shown that second language acquisition (SLA) enhances linguistic abilities, reshapes brain structure, and improves cognitive functions (Korenar & Pliatsikas, 2023). Additionally, SLA broadens socio-cultural perspectives, allowing learners to engage more deeply and aptly with different cultures.

This study examines the strengths of second language learning, categorising them into internal strengths (biological, attitudinal, and values-based) and external strengths (academic, socio-cultural, and economic).

### I. INTERNAL STRENGTHS OF SECOND LANGUAGE LEARNING

This section deals with the intrinsic benefits of learning a second language. They encompass biological or natural, attitudinal and values-related strengths. The following subsections look into each of those strengths.

#### a) Biological Strengths

The human brain demonstrates extraordinary neuroplasticity in response to second language acquisition, with measurable anatomical changes observable through neuroimaging technologies. Key findings from contemporary research include:

##### i. Grey Matter Density Increase

Mechelli et al. (2004) conducted a seminal Magnetic Resonance Imagery (MRI) research on Italian-English bilingual subjects. The study shows that bilingual individuals exhibit significantly greater grey matter processing ability compared to monolinguals.

This ability is crucial for language processing and semantic integration. The study further reveals that the degree of structural change correlates with language proficiency.

Additionally, bilingualism strengthens white matter, the nerve fibres that connect different brain regions (Korenar & Pliatsikas, 2023). These neural pathways are essential for information processing speed, cognitive control (attention, decision-making), memory consolidation, and executive functions (problem-solving, multitasking).

These structural changes enhance cognitive reserves, delaying the onset of dementia and other degenerative conditions (Coulter & Bialystok, 2019).

#### ii. Memory System Enhancement

Second language learning provides a comprehensive workout for the human memory systems, strengthening both short-term working memory and long-term declarative memory (Voits et al., 2022; Kroll & Bialystok, 2013). The process of acquiring new vocabulary and grammatical structures engages multiple memory subsystems, including phonological memory for sound patterns, semantic memory for word meanings, and procedural memory for grammatical rules. This constant memory exercise leads to measurable improvements in overall memory capacity and retrieval efficiency.

#### b) Attitudinal Strengths

The learner's mindset plays a pivotal role in second language acquisition (SLA), with motivation and resilience emerging as critical psychological factors that significantly influence success.

##### i. Motivation

Research demonstrates that intrinsically motivated learners, those driven by personal interest, cultural curiosity, or the inherent satisfaction of learning, consistently outperform extrinsically motivated peers in long-term proficiency and persistence (Noels et al., 2000; Dörnyei & Ryan, 2015). For example, Tariq, Hamza, and Ullah (2024) studied 45 university students in Bahawalpur, Pakistan, using questionnaires to explore the link between SLA and motivation. They found that participation in engaging, culturally relevant, and multimodal English lessons not only maintains but also boosts students' motivation with proficiency gains and thus further increases their willingness to learn. Even learners with lower initial aptitude showed motivational growth, suggesting that the SLA process itself can stimulate and sustain motivation when supported by



effective teaching strategies and a positive classroom environment.

#### ii. *Resilience*

Resilience similarly proves essential, as evidenced by research showing that learners who reframe mistakes as learning opportunities rather than failures develop greater communicative competence (Gregersen & MacIntyre, 2014). Kroll and Bialystok (2013) reviewed a wide range of studies using behavioural experiments and neuroimaging to examine how bilingualism affects the brain. They found that managing two languages requires constant mental control and flexibility, which strengthens neural networks and enhances cognitive resilience. This adaptive brain plasticity makes bilinguals better equipped to handle cognitive challenges during development and ageing, supporting a more resilient mind compared to monolinguals.

#### c) *Values-based Strengths*

Personal values like cultural curiosity and empathy are significantly enhanced by language learning, which fosters deeper engagement with both the target language and its speakers (Dewaele, 2010; Byram, 1997).

Second language learners generally actively explore cultural elements such as films, music, and social customs; develop stronger retention and more authentic communication skills as these meaningful connections make the learning process more enjoyable and memorable. Empathy, meanwhile, enables learners to navigate social interactions more effectively by understanding nonverbal cues, adapting communication styles, and avoiding cultural misunderstandings.

Such intercultural competence may lead to more successful real-world interactions, whether in social, academic, or professional settings. Ultimately, when language study is driven by a genuine interest in the culture and people, learners achieve not just fluency but also the ability to connect meaningfully across linguistic and cultural boundaries.

On the other hand, Second language learning fosters significant improvements in creative thinking and problem-solving abilities (Kharkhurin, 2010). Bilingual individuals consistently outperform monolinguals on tests of divergent thinking, which measures the ability to generate multiple solutions to open-ended problems. This creative advantage stems from the cognitive flexibility developed through managing multiple linguistic systems and the enhanced ability to view issues from different perspectives.

## II. EXTERNAL STRENGTHS IN SECOND LANGUAGE LEARNING

External strengths deal with advantages that transcend the individual learner, impacting their

interactions and opportunities in the wider world. These include academic, socio-cultural and economic outcomes.

#### a) *Academic Strengths*

Second language learning correlates strongly with improved academic performance across multiple subject areas (Armstrong & Rogers, 1997). Meta-analyses of educational research reveal that students learning a second language consistently outperform their monolingual peers in standardised tests of mathematics, science, and reading comprehension. The outperformance of these students is due to the cognitive flexibility gained through language learning, which expands the learners' problem-solving capacities. These advantages are particularly evident in bilingual education programs where academic content is delivered in both languages, but they also extend to traditional foreign language instruction models.

#### b) *Socio-cultural Strengths*

Second language learning fosters significant improvements in social skills and intercultural competence (Nassim & Labidi, 2022). Language learners develop enhanced empathy and perspective-taking abilities as they acquire not only new vocabulary, but also new cultural frameworks for understanding the world. This cultural flexibility enables more effective communication across social and cultural boundaries, thus reducing misunderstandings and facilitating stronger interpersonal connections.

Besides, the social benefits of bilingualism are particularly evident in multicultural environments, where language skills serve as bridges between different communities (Baker, 2011). Bilingual individuals often function as cultural mediators; help to negotiate meaning and build understanding between groups. These skills are increasingly valuable in diverse societies and globalised workplaces, where the ability to navigate cultural differences contributes to social cohesion and organizational cohesion.

#### c) *Economic Strengths*

In today's globalised economy, second language proficiency provides significant competitive advantages in the job market (Saiz & Zoido, 2005). Employers across industries increasingly value multilingual employees, with surveys indicating that language skills rank among the top desired competencies in many sectors. Bilingual individuals enjoy greater employment opportunities, higher starting salaries, and faster career advancement compared to their monolingual counterparts. Research consistently demonstrates that bilingual employees command higher salaries than monolingual peers across industries (Saiz & Zoido, 2005; Grin, 2003b; Chiswick & Miller, 2007), with variations depending on language pairings and regional demand.

Next, the professional benefits of second language learning extend beyond direct language use to include enhanced cross-cultural communication skills and global mindset development (Dewaele & Li, 2012). Multilingual professionals are better equipped to work in international teams, negotiate across cultures, and identify opportunities in global markets. These skills are particularly valuable in fields such as business, diplomacy, healthcare, and education, where effective cross-cultural communication is essential. The economic returns on language learning continue to grow as globalization increases the demand for professionals who can navigate linguistic and cultural boundaries. In globalised sectors (finance, technology, etc), multilingual professionals are more likely to secure managerial roles due to their ability to navigate cross-cultural negotiations (Dustmann & Fabbri, 2003).

Further, industries such as international business, diplomacy, and tourism particularly value language skills, offering expanded career opportunities. Globalisation has made multilingualism a necessity rather than a luxury as businesses operate across linguistic and cultural boundaries.

### III. CONCLUSION

The comprehensive benefits of second language learning outlined in this work underscore its value as an educational priority and personal development tool. From enhanced cognitive functioning to expanded career opportunities and enriched cultural understanding, the advantages of second language permeate multiple dimensions of human experience. The neuroscientific evidence for brain plasticity in response to language learning provides a compelling biological basis for these benefits at the same time the sociocultural and professional/economic advantages demonstrate their real-world significance. However, these substantial strengths exist alongside notable challenges in second language acquisition that merit careful examination.

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## APPENDIX

### Snapshot of the Advantages of Second Language Learning

