



**In this unit, we are going to**

- ▶ discuss the relationship between the language(s) we speak and the way we think;
- ▶ raise awareness of protecting endangered languages around the world;
- ▶ analyse cause-effect relationships between language learning and its possible effects;
- ▶ signal a transition while giving a presentation, and write an argumentative essay.

# 《高中英语》（上外版）

选择性必修第二册第二单元

## Language and Mind

授课教师：上海市曹杨中学 杨虹

# 《高中英语》（上外版）

选择性必修第X册第X单元

课时	授课内容
1	Getting Started/ Reading A
1	Reading A/ Vocabulary Focus
1	Reading A/ Grammar in Use
1	Listening and Viewing
1	Reading B
1	Critical Thinking and Speaking
1	Writing
1	Further Exploration/ Self-assessment



上海外语教育出版社

## In this unit, we are going to

- ▶ discuss the relationship between the language(s) we speak and the way we think;
- ▶ raise awareness of protecting endangered languages around the world;
- ▶ analyse cause-effect relationships between language learning and its possible effects;
- ▶ signal a transition while giving a presentation, and write an argumentative essay.

## 学习目标 **Learning Objectives:**

**At the end of the lesson, you will be able to**

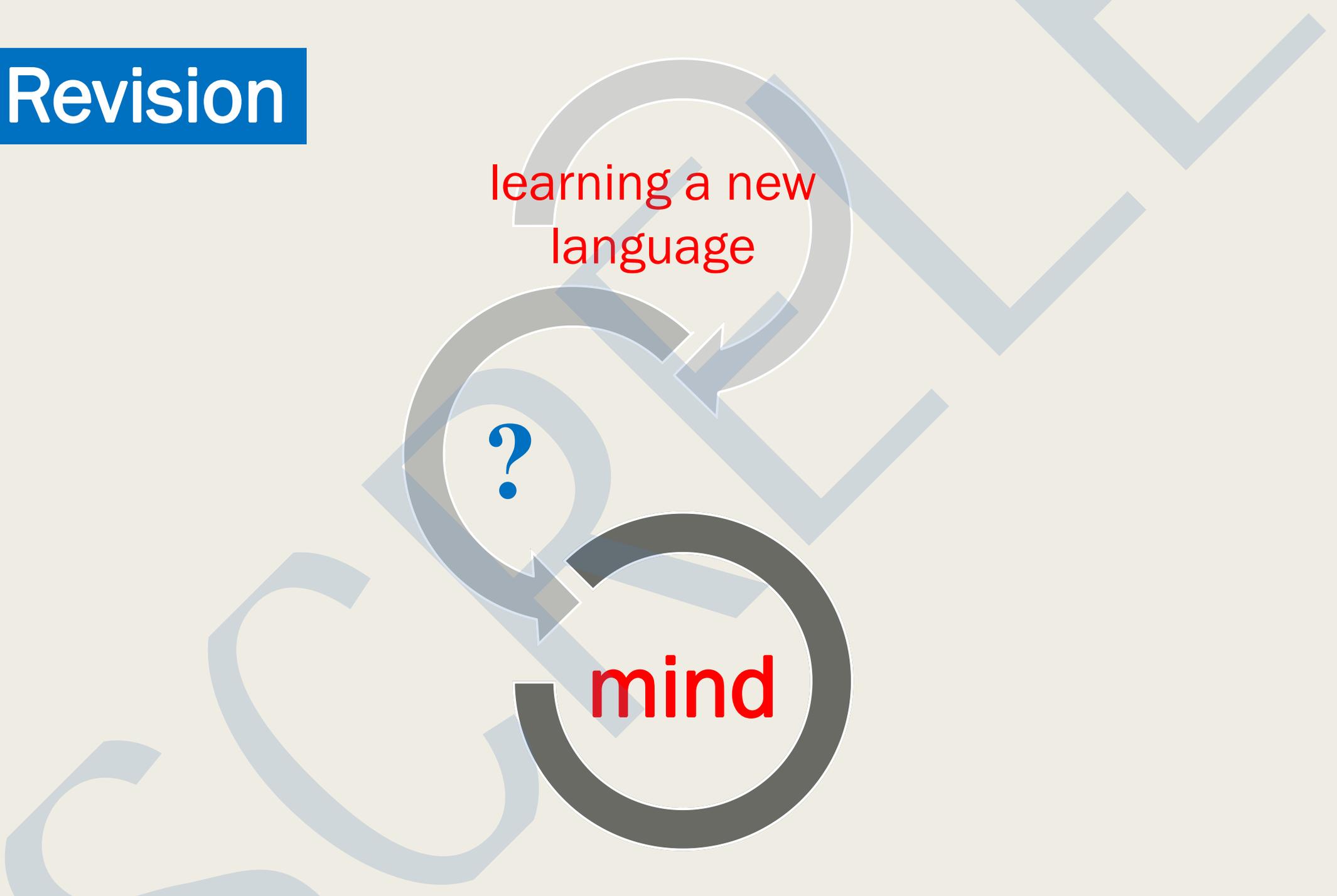
1. 能识别科普文章的文体特征，如内容、结构和语言方面的特征；  
identify the features of popular science articles in terms of content, structure and language;
2. 能依据科普文的核心观点和支撑论据概括三个科学实验；  
summarize the scientific experiments based on the claims and evidence;
3. 能借助因果分析，进一步探究语言学习对大脑和思维方式的影响，提升学习外语的积极性；  
further explore the influence of language learning on mind by analysing the cause-effect relationship and get more interested in learning a foreign language.

# Revision

learning a new  
language

?

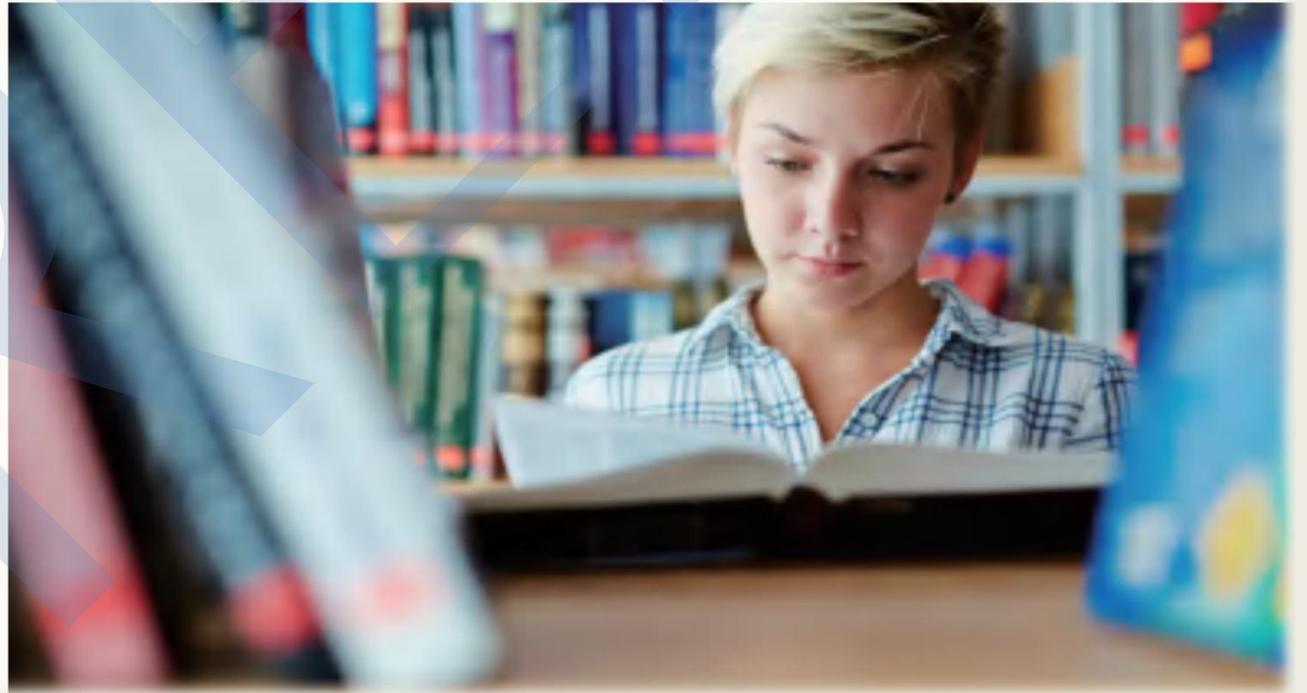
mind



# Prediction

What is the passage mainly about?

**FOR A BETTER BRAIN,  
LEARN A NEW LANGUAGE**



# Skimming

What is the passage mainly about?

Learning a new language is beneficial to the human brain.

## FOR A BETTER BRAIN, LEARN A NEW LANGUAGE



Learning a new language can feel like doing magic. Suddenly, a whole other world opens up and you discover a completely new side of life. Of course, learning a language doesn't happen through magic, but rather through study. But the effect this studying has on our brain is nothing short of magical. Here are some highlights about how the brain changes during language learning.

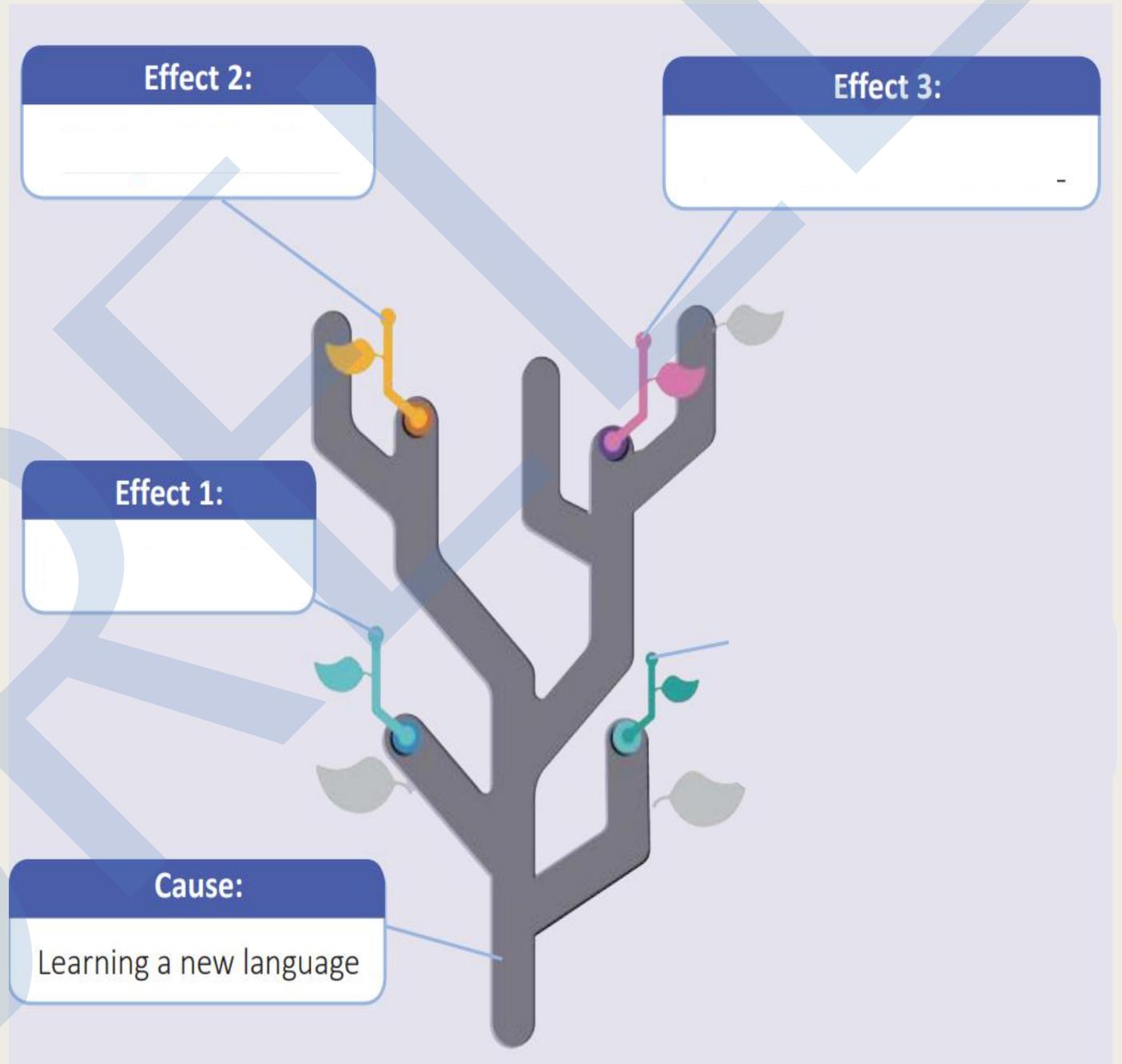
It sounds like something a child may ask: does learning new things make my brain grow bigger? It turns out this is what language learning does to the brain. Researchers from Lund University in Sweden studied a group of students who went through a demanding language learning programme. For a control group, the researchers selected students who were studying medicine and science. Both groups were given MRI (magnetic

resonance imaging) scans at the beginning of their studies, and again after three months. The researchers discovered that brain structure changed only in the language learning group. The results suggest that language learning is a promising way to keep the brain in shape and offers enhanced cognitive benefits that outperform other forms of study.

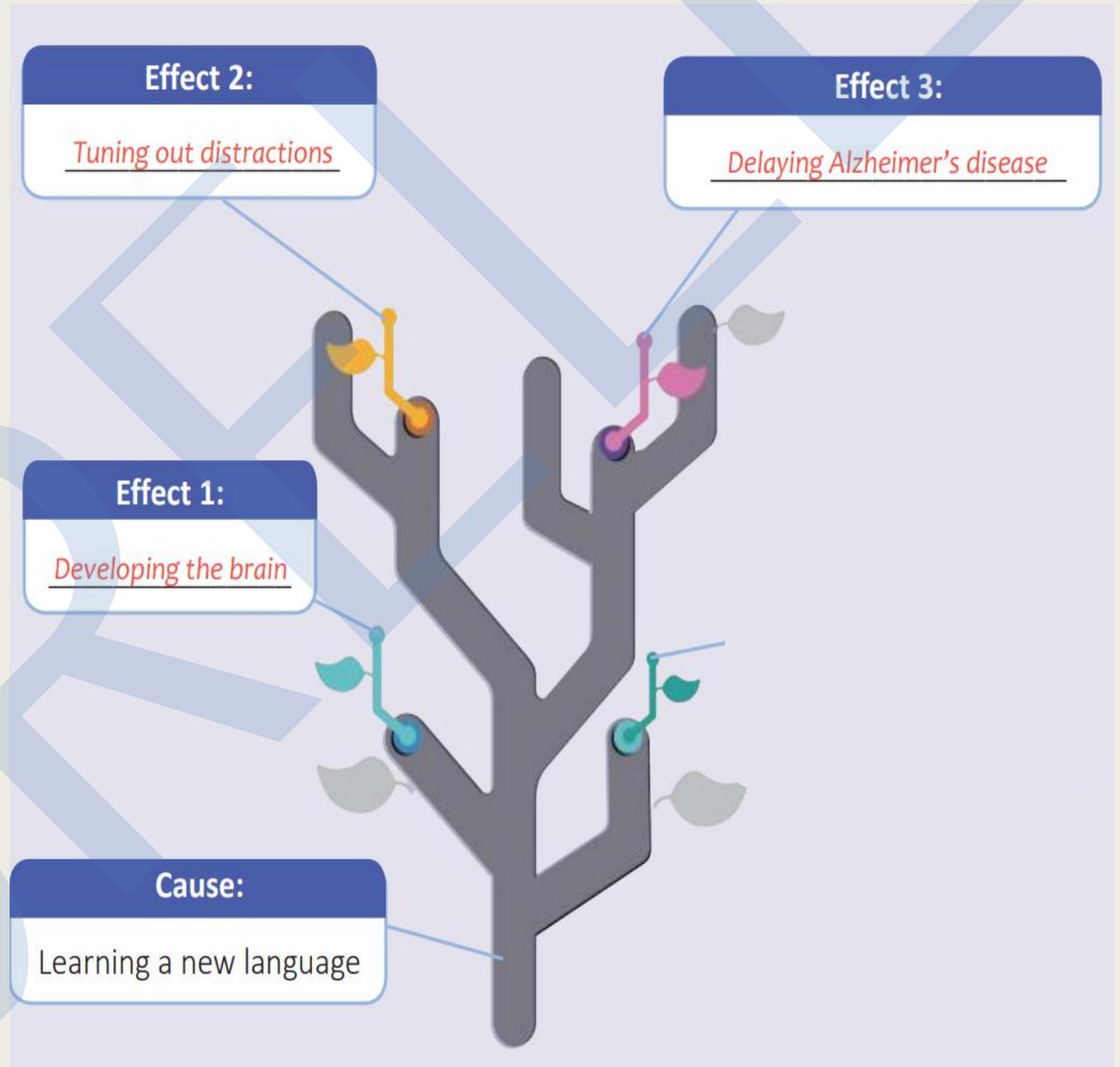
Many of us dream of being able to focus better and, according to a study published in the journal *Brain and Language*, learning a new language could help make that dream come true. Using a language comprehension task, researchers from Northwestern University tested individuals who speak one or two languages. The task involved listening to a word and then selecting the corresponding image from a group of four. It sounds simple, but the trick was that each group had a distracting word added to it, which is a word that sounds similar to the target word. For example, "candy" versus "candle." Individuals who speak two languages were better at filtering out the distracting words.

# Scanning

What are the effects of learning a new language on your brain?



Are these effects magical?



# Para 1

Are these effects magical?

almost

Learning a new language can feel like doing magic. Suddenly, a whole other world opens up and you discover a completely new side of life. Of course, learning a language doesn't happen through magic, but rather through study. But the effect this studying has on our brain is **nothing short of magical**. Here are some highlights about how the brain changes during language learning.

# Para 1

Learning a new language can feel like doing magic. Suddenly, a whole other world opens up and you discover a completely new side of life. Of course, learning a language doesn't happen through magic, but rather through study. But the effect this studying has on our brain is nothing short of magical. Here are some highlights about how the brain changes during language learning.

# Para 1

To arouse readers' interest

the best, most interesting or most exciting part of sth

To raise the thesis

Learning a new language can feel like doing **magic**. Suddenly, a whole other world opens up and you discover a completely new side of life. Of course, learning a language doesn't happen through **magic**, but rather through study. But the effect this studying has on our brain is nothing short of **magical**. Here are some **highlights** about how the brain changes during language learning.

# Paras 2-4

Part	Para(s)	Purpose	Topic sentence
1	1	To raise the thesis	But the effect this studying has on our brain is nothing short of magical.
2			
3			

# Paras 2-4

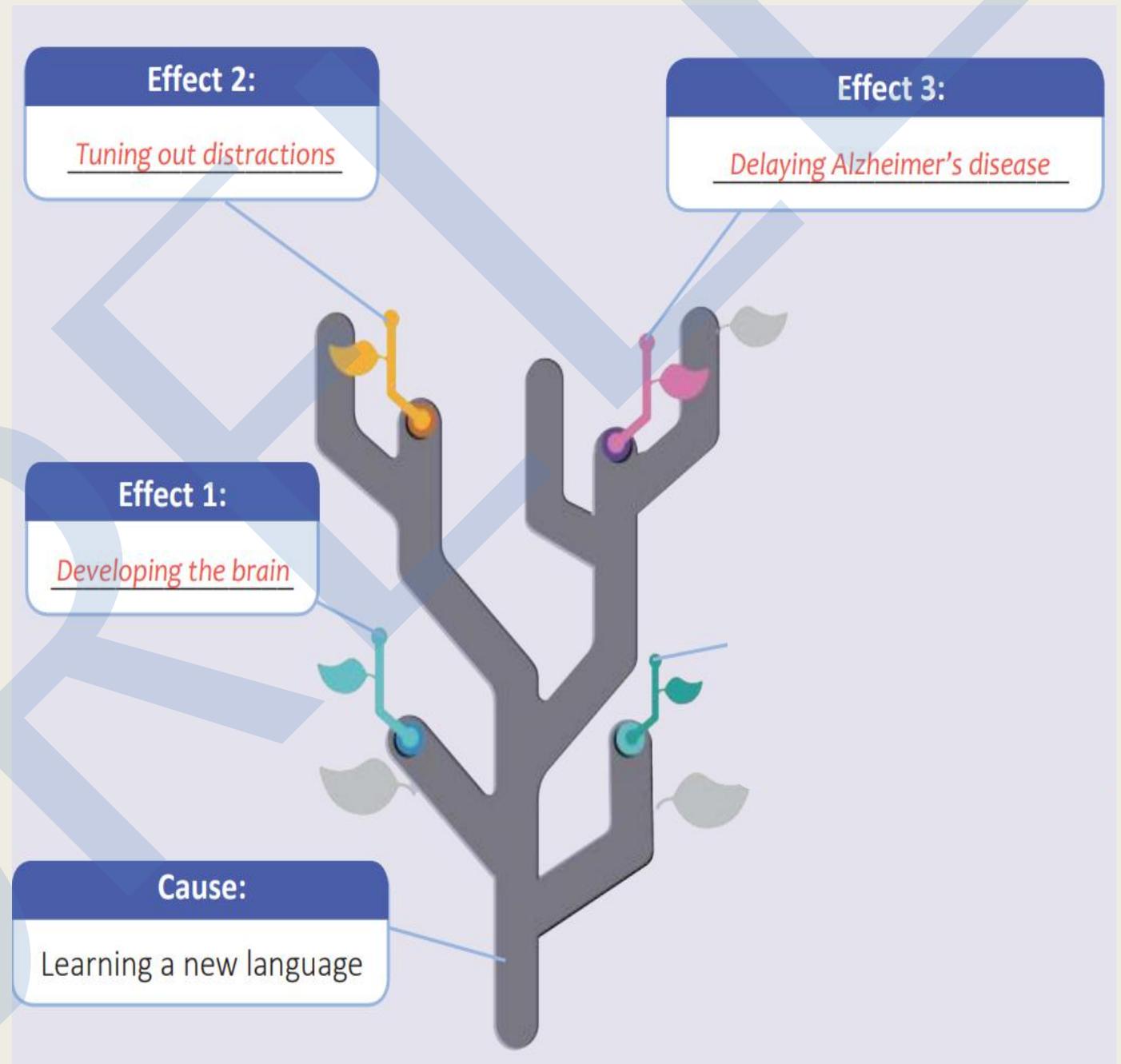
Part	Para(s)	Purpose	Topic sentence	Evidence
1	1	To raise the thesis	But the effect this studying has on our brain is nothing short of magical.	
2	2-4	To put forward the arguments	P2: Language learning makes the brain grow bigger. P3: Learning a new language could help us focus better. P4: Providing your brain with a workout has considerable health benefits.	
3	5	To summarise and reinforce the argumentation	Ready to give your brain a workout?	

# Scientific experiments and studies

Who were the subjects?

What did the subjects do?

What were the results?



## Para 2

Who were the subjects?

What did the subjects do?

What were the results?

It sounds like something a child may ask: does learning new things make my brain grow bigger? It turns out this is what language learning does to the brain. Researchers from Lund University in Sweden studied a group of students who went through a demanding language learning programme. For a control group, the researchers selected students who were studying medicine and science. Both groups were given MRI (magnetic



resonance imaging) scans at the beginning of their studies, and again after three months. The researchers discovered that brain structure changed only in the language learning group. The results suggest that language learning is a promising way to keep the brain in shape and offers enhanced cognitive benefits that outperform other forms of study.

# Para 2

## Subject

## Process

## Result

It sounds like something a child may ask: does learning new things make my brain grow bigger? It turns out this is what language learning does to the brain. Researchers from Lund University in Sweden studied a group of students who went through a demanding language learning programme. For a control group, the researchers selected students who were studying medicine and science. Both groups were given MRI (magnetic



resonance imaging) scans at the beginning of their studies, and again after three months. The researchers discovered that brain structure changed only in the language learning group. The results suggest that language learning is a promising way to keep the brain in shape and offers enhanced cognitive benefits that outperform other forms of study.

# Paras 3-4

Scientific experiments and studies	Argument 2	Argument 3
Subject	individuals who speak one or two languages	/
Process	listen to a word and then select the corresponding image <b>matching</b>	/
Result	Individuals speaking two languages were better at filtering out the distracting words.	A link between being bilingual and delaying the beginning of Alzheimer's disease was found.

# Paras 2-4

Scientific experiments and studies	Argument 1	Argument 2	Argument 3
Result	The researchers discovered brain structure changed only in the language learning group.	The results revealed that people who only speak one language had to work harder to complete the task.	Several studies have shown a link between being bilingual and delaying the beginning of Alzheimer's disease.

# Paras 2-4

Scientific experiments and studies	Argument 1	Argument 2	Argument 3
Result	The researchers discovered brain structure changed only in the language learning group.	The results revealed that people who only speak one language had to work harder to complete the task.	Several studies have shown a link between being bilingual and delaying the beginning of Alzheimer's disease.
healthy	The results suggest that language learning is a promising way to keep the brain in shape and offers enhanced cognitive benefits that outperform other forms of study.	/	The reason for this delay, the researchers believe is that learning a language challenges our grey cells, which helps prevent them from becoming worse as we age.

# Paras 2-4

Scientific experiments and studies	Argument 1	Argument 2	Argument 3
Result	The researchers discovered brain structure changed only in the language learning group.	The results revealed that people who only speak one language had to work harder to complete the task.	Several studies have shown a link between being bilingual and delaying the beginning of Alzheimer's disease.
Conclusion	The results suggest that language learning is a promising way to keep the brain in shape and offers enhanced cognitive benefits that outperform other forms of study.	/	The reason for this delay, the researchers believe is that learning a language challenges our grey cells, which helps prevent them from becoming worse as we age.

# Paras 2-4

Part	Para(s)	Purpose	Topic sentence	Evidence
1	1	To raise the thesis	But the effect this studying has on our brain is nothing short of magical.	
2	2-4	To put forward the arguments	P2: Language learning makes the brain grow bigger.	subject process result conclusion discover reveal show turn out suggest believe
			P3: Learning a new language could help us focus better.	
			P4: Providing your brain with a workout has considerable health benefits.	
3	5	To summarise and reinforce the argumentation	Ready to give your brain a workout?	

# Para 5

Part	Para(s)	Purpose	Topic sentence	Evidence
1	1	To raise the thesis	But the effect this studying has on brain is nothing short of magical.	
2	2-4	To put forward the arguments	P2: Language learning makes the brain grow bigger. P3: Learning a new language could help us focus better. P4: Providing your brain with a workout has considerable health benefits.	
3	5	To summarise and reinforce the argumentation	Ready to give your brain a workout? ( rhetorical question )	

## Para 5

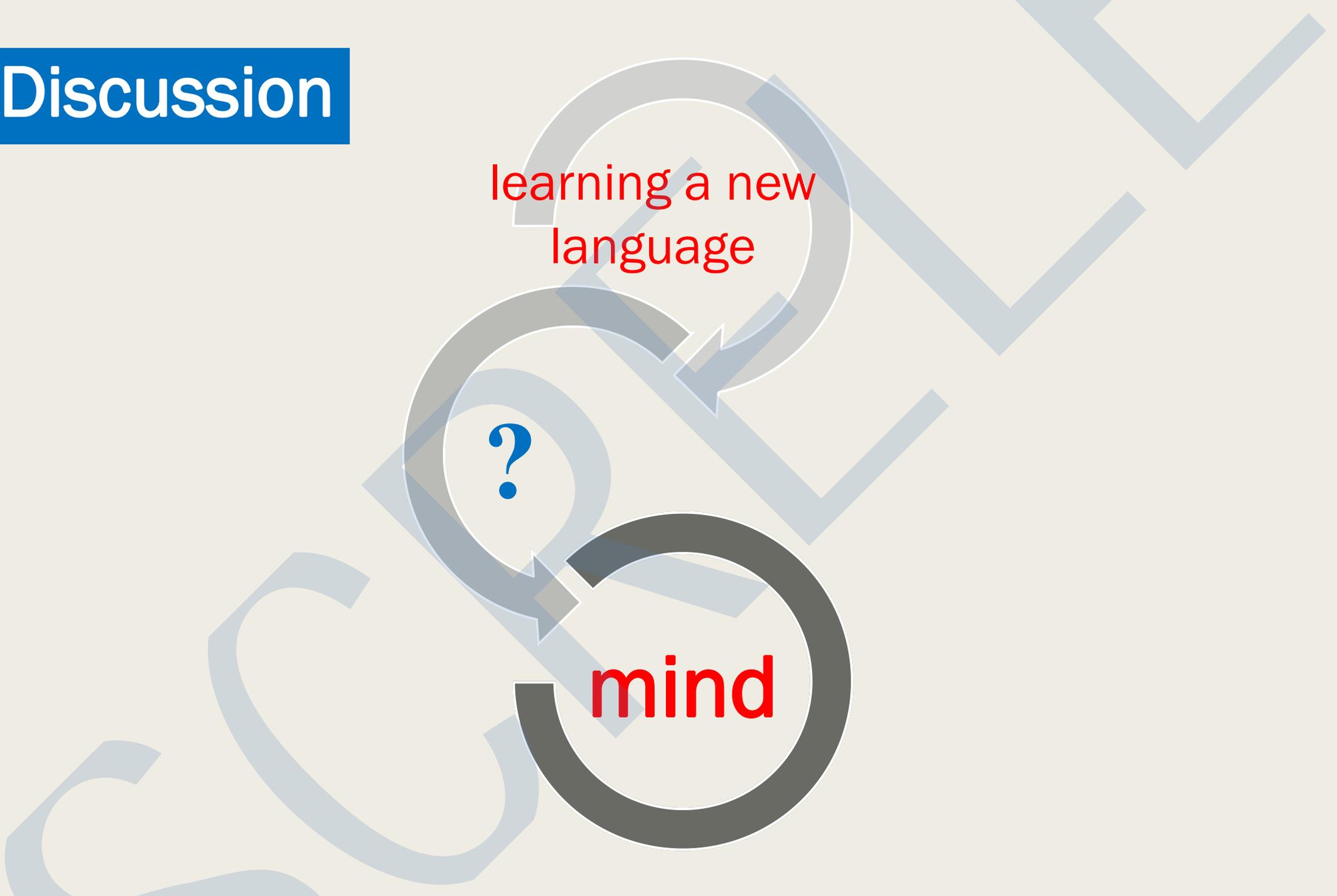
**FOR A BETTER BRAIN,  
LEARN A NEW LANGUAGE**

# Discussion

learning a new  
language

?

mind



# Discussion

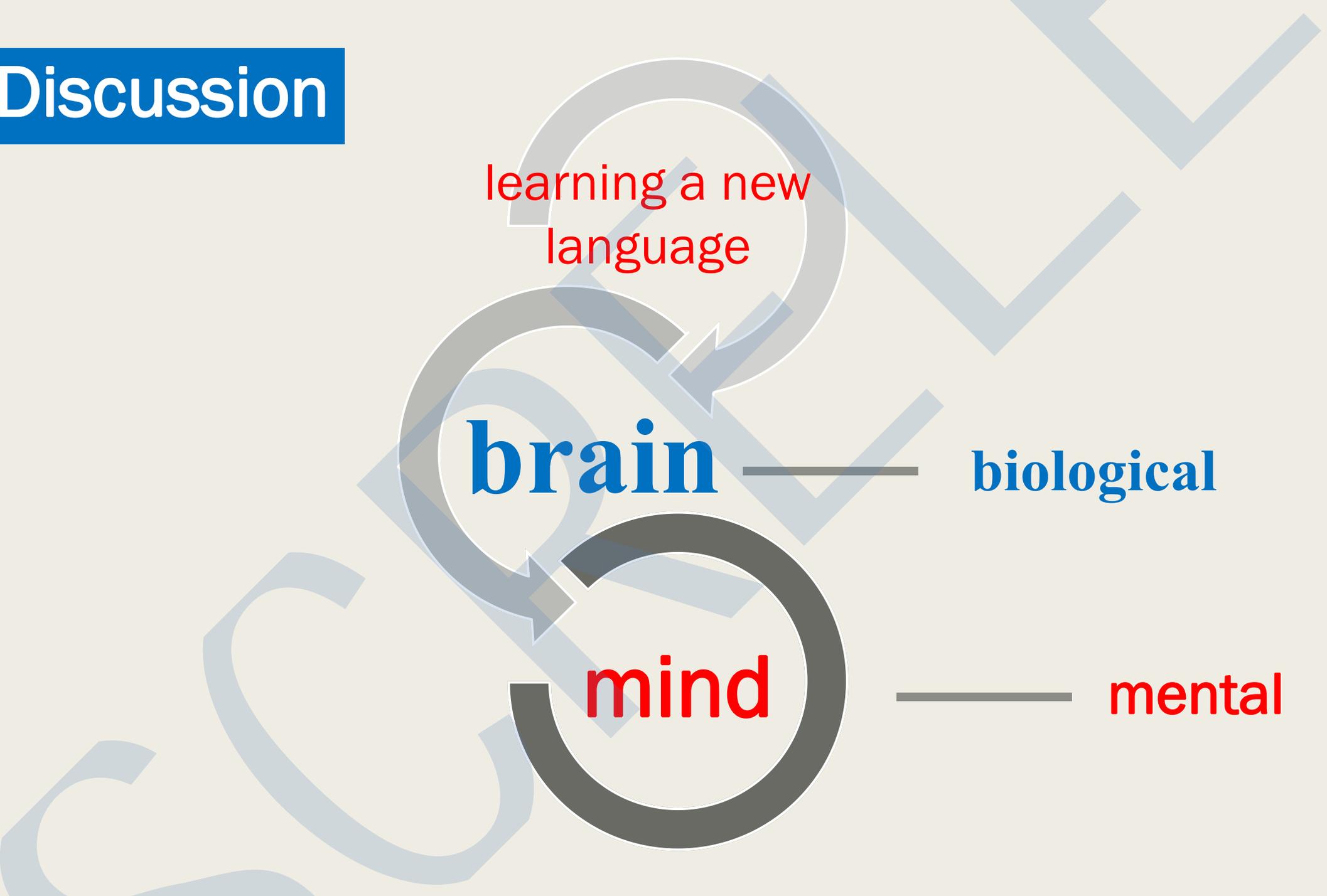
learning a new language

**brain**

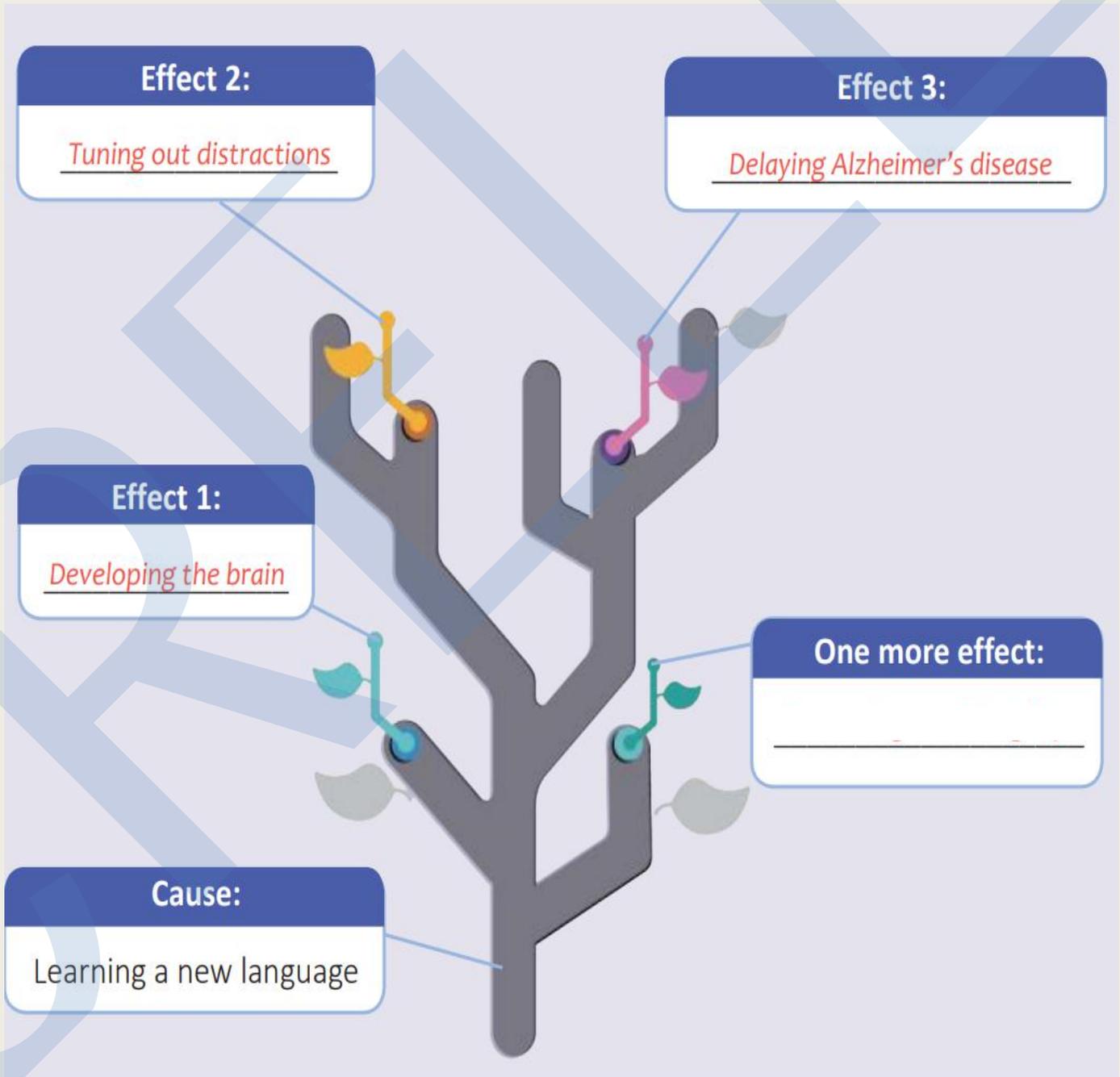
**biological**

**mind**

**mental**



# More effects



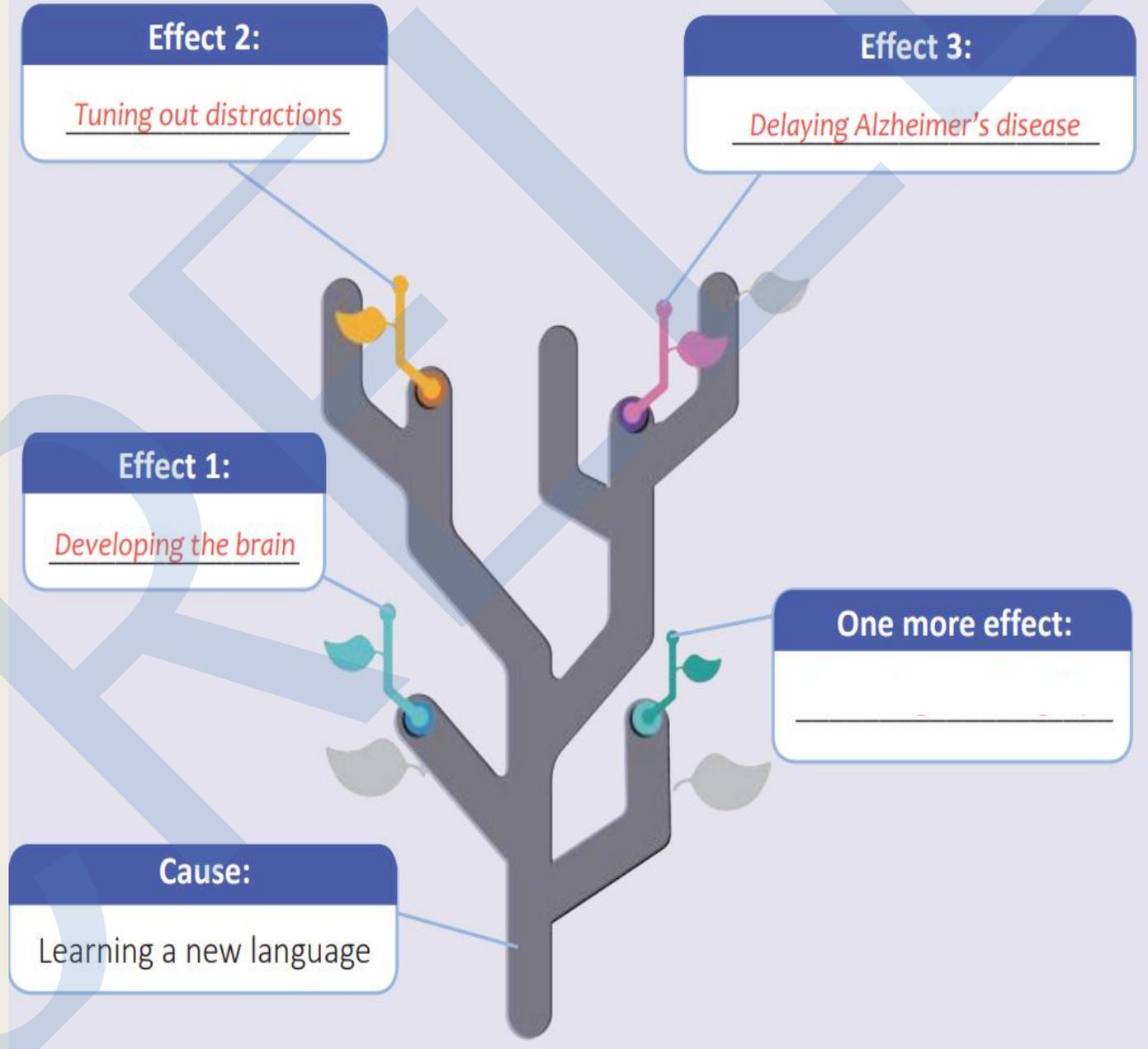
More effects



**BENEFITS OF LEARNING  
A NEW LANGUAGE**

# More effects

- improve memory
- increase connections between different brain regions
- build up strong neural networks



# Assignments

1. Summarize the three scientific experiments / studies in your own words.
2. Complete the exercises on page 33 in the workbook.
3. Watch the video and collect more effects of learning a new language. (optional)



**Thank you!**