

# California Community College Foreign Language Council **News**

February 15, 2007

## **The Benefits of Language Study**

Bilingualism Delays Onset of Dementia by Four Years By Eva von Schaper  
Jan. 12 (Bloomberg) -- Speaking two languages delays the onset of dementia by four years, a study found. Researchers in Canada, where the official languages are English and French, examined 132 patients with a diagnosis of probable Alzheimer's disease. Those who spoke two languages experienced the onset of dementia 4.1 years later than those who didn't, the researchers wrote in a study published in the February issue of the journal *Neuropsychologia*. The patients spoke a total of 25 different languages, including Polish, Yiddish, German, Romanian and Hungarian. Previous studies have shown that lifestyle factors such as physical activity, social involvement and education may improve overall brain health. Bilingualism may help the brain build what is called a cognitive reserve, which may provide protection against the onset of dementia, the Canadian researchers said. "There are no pharmacological interventions that are this dramatic," Morris Freedman, director of the Memory Clinic at Baycrest Research Centre for Aging and the Brain in Toronto, said in a statement today. The difference in dementia onset remained even after the researchers factored in the possible influence of culture, immigration, formal education, employment and gender on the results, the study said. "The data show a huge protective effect," co-investigator Fergus Craik said in the statement. The finding, while in line with earlier research on lifestyle and dementia onset, is preliminary and needs to be studied further, he said. The researchers are working on a follow-up study to further examine the protective effects of bilingualism on the brain. – Our thanks to Lorraine D'Ambruosco of CLTA for this report.

## **Render Language Learning Tangible**

The language development program of the European Union has come up with a strategy to make languages an asset in the job search and to render language skills more tangible to people. Have a look at the enclosed copy of the **Europass Language Passport**. This is a template which people can use to present in a clear and useful way their language background. Some of us have developed certificates of completion, but these are rather vague and don't explain what the learner can do. On the back of the enclosed sample, you can see the grid which the person uses to SELF-ASSESS their ability. This is especially oriented to practical ability. We might consider adopting a similar format for students to work up. It makes their language skills useful in applying for employment and for further study. This might be a topic of discussion for our fall meetings.

## Foreign Languages Online

Allan Hancock College teaches first and second semester Italian classes online. Students can do all their work online but take the final exam (written and oral) on site at the Santa Maria campus. Students living outside of the Santa Maria area may arrange to have the final proctored at a local school or college near their residence. Allan Hancock College also teaches first-year Spanish online. For more information visit <http://italianonline.blogspot.com/>

## IMPAC

The final meeting of the intersegmental articulation group, IMPAC, took place in Sacramento last month. Here is a resume of their results:

--CSU will be granting T-CSU [transfer to CSU] numbers to courses at community colleges, once the course outline has been reviewed by a CSU panel. In the first round of reviews about half of the courses were rejected by CSU. [Provided you already have good course-to-course articulation with the CSU's you feed to, this procedure looks to be of minor utility to community colleges.]

--UC streamlining will look at better establishing core course preparation at CCC's. At the moment the disciplines are political science and sciences.

--The community college academic senate has the seed money to begin work on a new system, C-ID, a course identification program somewhat like the old CAN system.

## Elections

Please complete and return the enclosed ballot or send your ballot by email to [tblair@ccsf.edu](mailto:tblair@ccsf.edu).

**Our next issue** will appear in April. Please send your articles to Tom Blair, 424 Dorado Ter., San Francisco 94112-1753. Membership is \$10 for part-time and \$15 for full-time. CLTA membership is \$50.

## CCCFLC Elections

Feb. 2007 to Jan. 2009

Position Candidate or write-in candidate

President \_\_\_ Patricia Scarfone, Orange Coast \_\_\_\_\_

Vice President South \_\_\_ Olga Moran, Cypress College \_\_\_\_\_

Vice President North \_\_\_ Ana Maria de Barling, West Valley \_\_\_\_\_

Secretary \_\_\_ Diana Garcia-Denson, San Francisco \_\_\_\_\_

Treasurer \_\_\_ Ed Sterling, San Francisco \_\_\_\_\_

Please mail to CCCFLC, 424 Dorado Ter, San Francisco 94112-1753 or email it to [tblair@ccsf.edu](mailto:tblair@ccsf.edu). Thanks!

## CCCFLC Elections

Feb. 2007 to Jan. 2009

Position Candidate or write-in candidate

President \_\_\_ Patricia Scarfone, Orange Coast \_\_\_\_\_

Vice President South \_\_\_ Olga Moran, Cypress College \_\_\_\_\_

Vice President North \_\_\_ Ana Maria de Barling, West Valley \_\_\_\_\_

Secretary \_\_\_ Diana Garcia-Denson, San Francisco \_\_\_\_\_

Treasurer \_\_\_ Ed Sterling, San Francisco \_\_\_\_\_

Please mail to CCCFLC, 424 Dorado Ter, San Francisco 94112-1753 or email it to [tblair@ccsf.edu](mailto:tblair@ccsf.edu). Thanks!