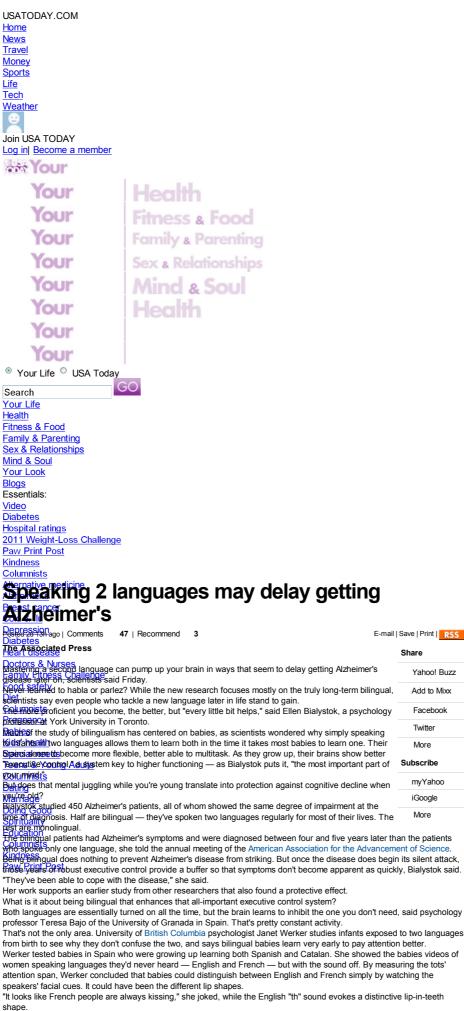
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shape. Whatever the cues, monolingual babies couldn't tell the difference, Werker said Friday at the meeting. But what if you weren't lucky enough to be raised bilingual? Scientists and educators know that it becomes far harder to

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<ul> <li>learn a new language after puberty.</li> <li>Partly that's because adults' brains are so bombarded with other demands that we don't give learning a new language the same attention that a young child does, Bialystok said.</li> <li>At the University of Maryland, scientists are studying how to identify adults who would be good candidates to master a new language, and then what types of training are best. Having a pretty strong executive control system, like the lifelong bilinguals have, is among the good predictive factors, said Amy Weinberg, deputy director of the university's Center for Advanced Study of Language.</li> <li>But people don't have to master a new language to benefit some, Bialystok said. Exercising your brain throughout life contributes to what's called cognitive reserve, the overall ability to withstand the declines of aging and disease. That's the basis of the use-it-or-lose-it advice from aging experts who also recommend such things as crossword puzzles to keep your brain nimble.</li> <li>"If you start to learn at 40, 50, 60, you are certainly keeping your brain active," she said.</li> <li><i>Copyright 2011 The Associated Press. All rights reserved. This material may not be published, broadcast, rewritten or redistributed.</i></li> </ul>			
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