

NORTH AMERICAN POLYGLOT SYMPOSIUM 2016

DEPRESSION AND LANGUAGE LEARNING

BY @KRISBROHOLM

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BRIEF BIO

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BEFORE WE BEGIN...

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**SOME OF THIS STUFF
IS HEAVY.**

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**AND WEIGHT'S GOT NOTHING
TO DO WITH IT.....**

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TAKE A PAUSE HERE

**NO MATTER WHAT – THIS IS
REAL LIFE.**

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**SOME PRESENTATIONS ARE
PRACTICAL**

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**SOME ARE TECHNICAL
OR INSTRUCTIVE**

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SOME JUST TELL A STORY.

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TAKE A PAUSE

**THIS IS ONE OF THOSE
PRESENTATIONS.**

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WHEN I WAS 14.....

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LIVING THE DREAM

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PARENTS DIVORCE

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THE BUBBLE BURSTS

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PARENTS DIVORCE

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LOSS OF A PARENT

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GRADES PLUMMETED

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ROOM BURNS DOWN

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take a little break here

A LOT OF SHIT HAPPENED

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STUCK

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VIDEO GAMES, FAST FOOD, ISOLATION

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HOPELESSNESS

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IN DENIAL ABOUT DEPRESSION

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TOOK ME YEARS TO REALISE

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DEAD-END JOBS AND EDUCATION

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ADMITTING I HAD A PROBLEM

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FINALLY GOT SOME HELP

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WAS STILL STUCK THOUGH...

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TAKE A BREAK

Low confidence+depressed thought
process (I'll never make anything out of
myself)

WHAT WILL I DO WITH MY LIFE?

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ONE FATEFUL NIGHT...

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MID TWENTIES

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FLUENT IN 3 MONTHS?

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THE IRISH POLYGLOT?

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8 HOURS READING

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WOW!

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HE'S LIVING THE DREAM!

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**YOU CAN ACTUALLY DO ALL
THIS?**

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I REMEMBERED SOMETHING

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I USED TO LIKE LANGUAGES!

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**I USED TO BE GOOD AT
LEARNING THEM!**

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I MADE A CHOICE

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PURSUE LANGUAGES . . .

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WHATEVER THAT MEANS...

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**“WITH LANGUAGES I COULD DO
ANYTHING”**

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ONE MAJOR PROBLEM!

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FEAR OF QUITTING

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I NEED SOME ACCOUNTABILITY

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ACTUAL FLUENCY

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ARBITRARY NAME

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TO SHARE THE STRUGGLES

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INITIALLY NO MENTION OF DEPRESSION

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MASSIVE FEEDBACK WHEN I STARTED TALKING ABOUT IT

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**DEFINITELY SCARY. BUT
VALUABLE.**

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LEARNING HOW TO LEARN

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**RUSSIAN IN 3 MONTHS – NO
PROBLEM!**

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**HOW ARE THESE PEOPLE
DOING IT?!?!?**

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**HOW ARE THEY SO GOOD AT
LEARNING LANGUAGES???**

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THERE MUST BE A SECRET!

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HOW DO I FIND IT THOUGH?

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PODCASTING

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STEVE KAUFMANN

BY @KRISBROHOLM - ACTUALFLUENCY.COM

MARCH 3RD '14

- ▶ From: Kris Broholm
- ▶ To: Steve Kaufmann
- ▶ "I'm a big fan of your videos on YouTube. Showing your audience such a day-by-day log really gives a rare insight to the workings of a hyperpolyglot."
- ▶ "I have a dream. A dream to create a weekly language learning podcast. [...] There is no way I could launch the podcast without Mr Kaufmann starring within the first 10 episodes. "

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CRICKETS . . .

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**HEY STEVE DID YOU GET MY
EMAIL?**

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IN 2 YEARS.....

APRIL 8TH '14 - ABOUT 11.30 PM



Steve Kaufmann <steve@thelinguist.com>

08/04/2014



to Chris ▾

What time of day? How about right now?

Sent from my iPad



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OMG OMG OMG OMG PANIC

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30 SECOND PREP

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DO THE INTERVIEW

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**DIDN'T MAKE A COMPLETE
FOOL OF MYSELF**

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AND THE REST IS HISTORY

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100 EPISODES LATER!

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STILL TACTICAL...

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BUT ALSO ABOUT STORIES

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**LIKE THE ONE YOU'RE
LISTENING TO RIGHT NOW**

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HOW DID I KEEP GOING?

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LANGUAGE LEARNING + THE COMMUNITY

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WAIT WHAT?

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YES!

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HERE'S WHY

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SOME DEPRESSION SYMPTOMS INCLUDE...

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DEPRESSION PROBLEMS

- ▶ Lack of hopes for the future
- ▶ Nothing to strive towards
- ▶ No 'purpose'
- ▶ Lack of motivation
- ▶ Isolation
- ▶ Mental struggles / brain fog

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OUCH

DEPRESSION PROBLEMS

- ▶ Lack of hopes for the future - speaking to xx in yy
- ▶ Nothing to strive towards - c2!
- ▶ No 'purpose' - to share the passion and document the journey
- ▶ Lack of motivation - feeding off the energy of other learners, being inspired and motivated
- ▶ Isolation - go to NAPS! or similar events
- ▶ And so on.....

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EASY RIGHT?

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ACTUALLY NOT

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**DEPRESSION MAKES IT HARDER TO
FOCUS, REMEMBER AND PERSIST.**

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WHICH ARE THE 3 SUCCESS CRITERIA FOR LANGUAGE LEARNING

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BUT THAT'S FINE.

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**EFFICIENCY / SPEED
IS OVERRATED SOMETIMES**

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MY POINT IS

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LANG. LEARNING HELPED ME OUT OF A DARK PLACE

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**SO I'M SURE IT CAN HELP
OTHERS TOO.**

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**OR JUST TO SAY TO PEOPLE IN
A SIMILAR SITUATION**

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YOU'RE NOT ALONE

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IT'S NOT YOUR FAULT

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YOU'RE NOT LAZY.

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(AND GET HELP)

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ULTIMATELY...

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**I DIDN'T LEARN RUSSIAN IN 3
MONTHS.**

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**I DIDN'T FIND THE
HYPERPOLYGLOT SECRET EITHER**

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BUT THAT'S OKAY.

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**I'M JUST EXCITED TO SPEAK AND
UNDERSTAND ANY RUSSIAN AT ALL...**

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**I'M EXCITED TO GET EMAILS
AND MESSAGES**

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SAYING HOW MY STRUGGLES AND CONTENT...

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HELP OTHERS STAY MOTIVATED AND LEARNING

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Kris

That's awesomeness defined. I am currently buying a house so once I'm in and have the internet connected I will email you. Have a great time in Canada and congratulations for living my dream by the way.

Cheers

Andrew

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PERSPECTIVE

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AM I DREAMING?

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IN FACT...

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IF YOU HAD TOLD ME...

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**KRIS – IN 2 YEARS YOU’LL BE
ABLE TO...**

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TRAVEL TO AMERICA AND CANADA!

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SPEAK AND UNDERSTAND* 3 NEW LANGUAGES

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**HAVE TENS OF THOUSANDS OF
PODCAST LISTENERS**

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**I WOULD NOT HAVE BELIEVED
YOU.**

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**BUT THANKS LARGELY TO THE
COMMUNITY**

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**THE FUTURE IS LOOKING
GREAT**

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**I AIM TO DO RUSSIAN AND HUNGARIAN
B1 EXAMS NEXT SUMMER**

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WHICH WILL BE SUPER HARD.

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**BUT HOPEFULLY A GOOD
LEARNING EXPERIENCE**

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**I'LL CONTINUE WITH ACTUAL
FLUENCY...**

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**CONTINUE TO PROVIDE
PODCASTS AND OTHER CONTENT**

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**CONTINUE TO MEET AMAZING
PEOPLE AT EVENTS LIKE THIS**

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**AND HOPEFULLY MAKE THE
WORLD THAT LITTLE BIT BETTER.**

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THANK YOU

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DO YOU HAVE A STORY TO SHARE?
ACTUALFLUENCY.COM/GUEST

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