DEPRESSION AND LANGUAGE LEARNING

BY @KRISBROHOLM ACTUALFLUENCY.COM

BREF BIO

BEFORE WE BEGIN...

SOME OF THIS STUFF IS HEAVY.

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

TAKE A PAUSE HERE

NO MATTER WHAT – THIS IS REAL LIFE.

SOME PRESENTATIONS ARE PRACTICAL

SOME ARE TECHNICAL OR INSTRUCTIVE

SOME JUST TELL A STORY.

TAKE A PAUSE

THIS IS ONE OF THOSE PRESENTATIONS.

WHEN I WAS 14.

LIVING THE DREAM

PARENTS DIVORCE

THE BUBBLE BURSTS

PARENTS DIVORCE

LOSS OF A PARENT

GRADES PLUMMETED

ROOM BURNS DOWN

take a little break here

A LOT OF SHIT HAPPENED

STUCK

VIDEO GAMES, FAST FOOD, ISOLATION

HOPELESSNESS

IN DENIAL ABOUT DEPRESSION

TOOK ME YEARS TO REALISE

DEAD-END JOBS AND EDUCATION

ADMITTING I HAD A PROBLEM

FINALLY GOT SOME HELP

WAS STILL STUCK THOUGH...

TAKE A BREAK

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

WHAT WILL I DO WITH MY LIFE?

ONE FATEFUL NIGHT...



FLUENT IN 3 MONTHS?

THE IRISH POLYGLOT?

BHOURS READING



HE'S LIVING THE DREAM!

YOU CAN ACTUALLY DO ALL THIS?

I REMEMBERED SOMETHING

I USED TO LIKE LANGUAGES!

I USED TO BE GOOD AT LEARNING THEM!

I MADE A CHOICE

PURSUE LANGUAGES...

WHATEVER THAT MEANS...

"WITH LANGUAGES I COULD DO ANYTHING"

ONE MAJOR PROBLEM!

FEAR OF QUITTING

I NEED SOME ACCOUNTABILITY



ARBITRARY NAME

TO SHARE THE STRUGGLES

INITIALLY NO MENTION OF DEPRESSION

MASSIVE FEEDBACK WHEN I STARTED TALKING ABOUT IT

DEFINITELY SCARY. BUT VALUABLE.

LEARNING HOW TO LEARN

RUSSIAN IN 3 MONTHS – NO PROBLEM!

HOW ARE THESE PEOPLE DOING IT?!?!

HOW ARE THEY SO GOOD AT LEARNING LANGUAGES???

THERE MUST BE A SECRET!

HOW DO I FIND IT THOUGH?

PODCASTING

STEVE KAUFMANN

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."

CRICKETS...

HEY STEVE DID YOU GET MY EMAIL?

APRIL 8TH '14 - ABOUT 11.30 PM



Steve Kaufmann <steve@thelinguist.com> to Chris 🖃

What time of day? How about right now?

Sent from my iPad

......

08/04/2014

1

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OMG OMG OMG OMG PANIC

30 SECOND PREP



DIDN'T MAKE A COMPLETE FOOL OF MYSELF

AND THE REST IS HISTORY

100 EPISODES LATER!



BUT ALSO ABOUT STORIES

LIKE THE ONE YOU'RE LISTENING TO RIGHT NOW

HOW DID I KEEP GOING?

LANGUAGE LEARNING+THE COMMUNITY

WAIT WHAT?



HERE'S WHY

SOME DEPRESSION SYMPTOMS INCLUDE...

DEPRESSION PROBLEMS

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



DEPRESSION PROBLEMS

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

EASY RIGHT?

ACTUALLY NOT

DEPRESSION MAKES IT HARDER TO FOCUS, REMEMBER AND PERSIST.

WHICH ARE THE 3 SUCCESS CRITERIA FOR LANGUAGE LEARNING

BUT THAT'S FINE.

EFFICIENCY / SPEED IS OVERRATED SOMETIMES

MY POINT IS

LANG. LEARNING HELPED ME OUT OF A DARK PLACE

SO I'M SURE IT CAN HELP Others too.

OR JUST TO SAY TO PEOPLE IN A SIMILAR SITUATION

YOU'RE NOT ALONE

IT'S NOT YOUR FAULT

YOU'RE NOT LAZY.

(AND GET HELP)



I DIDN'T LEARN RUSSIAN IN 3 Months.

I DIDN'T FIND THE HYPERPOLYGLOT SECRET EITHER

BUT THAT'S OKAY.

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

I'M EXCITED TO GET EMAILS AND MESSAGES

SAYING HOW MY STRUGGLES AND CONTENT...

HELP OTHERS STAY MOTIVATED AND LEARNING

Kris

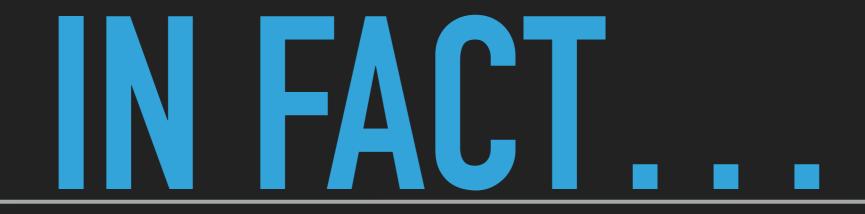
That's awesomeness defined. I am currently buying a house so once I'm in and have the internet connected I will email you. Have a great time in Canada and congratulations for living my dream by the way.

Cheers

Andrew

PERSPECTIVE





IF YOU HAD TOLD ME...

KRIS – IN 2 YEARS YOU'LL BE Able to . . .

TRAVEL TO AMERICA AND CANADA!

SPEAK AND UNDERSTAND* 3 NEW LANGUAGES

HAVE TENS OF THOUSANDS OF PODCAST LISTENERS

I WOULD NOT HAVE BELIEVED You.

BUT THANKS LARGELY TO THE COMMUNITY

THE FUTURE IS LOOKING GREAT

I AIM TO DO RUSSIAN AND HUNGARIAN B1 EXAMS NEXT SUMMER

WHICH WILL BE SUPER HARD.

BUT HOPEFULLY A GOOD LEARNING EXPERIENCE

I'LL CONTINUE WITH ACTUAL FLUENCY...

CONTINUE TO PROVIDE PODCASTS AND OTHER CONTENT

CONTINUE TO MEET AMAZING PEOPLE AT EVENTS LIKE THIS

AND HOPEFULLY MAKE THE WORLD THAT LITTLE BIT BETTER.

THANK YOU

DO YOU HAVE A STORY TO SHARE? Actual fluency.com/guest