

NORTH AMERICAN POLYGLOT SYMPOSIUM 2016

# DEPRESSION AND LANGUAGE LEARNING

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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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# NORTH AMERICAN POLYGLOT SYMPOSIUM 2016

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**

---

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IN 2 YEARS.....

---

## 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

# NORTH AMERICAN POLYGLOT SYMPOSIUM 2016

OUCH...

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# 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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NORTH AMERICAN POLYGLOT SYMPOSIUM 2016

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