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**Common language pitfalls**

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Here are some examples which can harm the learning and cognitive development of pupils rather than enhancing their skill set and inspiring them to achieve success:

1. praising effort alone and not results
2. telling students "you can do anything"
3. speaking with a fixed mindset voice when teaching;
4. repeated mindset jargon causing an over-simplification of the concept of growth mindset;
5. using ‘fixed mindset’ as a label to criticise children or excuse lack of progress/poor teaching

An awareness and understanding of these pitfalls can help teachers and pupils to avoid them. Here are a few key current articles which should help you teach growth mindset to your fullest potential and avoid any dangerous pitfalls.



1. [https://www.tes.com/news/school-news/breaking-views/praise-effort-not-outcome-think-again](https://www.tes.com/news/school-news/breaking-views/praise-effort-not-outcome-think-again%20)
2. <http://www.edutopia.org/blog/recognizing-overcoming-false-growth-mindset-carol-dweck>
3. <https://www.google.co.uk/?gfe_rd=cr&ei=99iMV4bSMPDR8ge8j4aoCQ&gws_rd=ssl#q=the+common+pitfalls+of+growth+mindset>
4. <http://www.salon.com/2015/08/16/the_education_fad_thats_hurting_our_kids_what_you_need_to_know_about_growth_mindset_theory_and_the_harmful_lessons_it_imparts/>
5. <https://www.stem.org.uk/system/files/community-resources/2016/06/DweckEducationWeek.pdf>

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It is possible for teachers and pupils to fall into a couple of common pitfalls, leading to the implementation of a false growth mindset.