



Common Mistakes People Make: Part 1

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Abstract: A mistake refers to a behavior that results from an error in judgment, inadequate or inaccurate knowledge, or a lack of attention. Making mistakes is part of the human lot and they help us learn and grow when we respond to them effectively. This paper and its companion paper summarize the top twenty common mistakes people make. For convenience, the mistakes are arranged in alphabetical order.

Keywords: common mistakes, errors.

INTRODUCTION

In essence, mistakes have to do with doing the wrong thing. A mistake is something that we often later regret or that causes some amount of loss or pain. We will all make mistakes from time to time. Making mistakes is an inevitable part of life and it is an essential part of learning and growing. Although making mistakes can certainly be disappointing and painful at times, it can provide good opportunities for learning and personal growth [1].

When you make a mistake, the best thing to do is admit it and try to make up for it if possible. You can learn from your mistakes and become a wiser person. A mistake is only a problem when we refuse to learn from it. Not apologizing for a mistake is another mistake. Making the same mistakes over and over can be costly.

DIFFERENT KINDS OF MISTAKES

We mess up on a regular basis and make mistake in the presence of others. Our spouses correct us, our kids correct us, our bosses correct us, and even the cashier at the superstore corrects us. There are mistakes you make because you listen to others. Some mistakes are out of your control. These may lead to situations when things still seem totally out of control. Do not let others or the media messages direct your life. Be on the driver's seat when it comes to planning for your future.

There are some life mistakes, that if avoided in the first place, will save you a whole load of pain and frustration. These are the mistakes that stem from misguidance and a lack of knowledge. These are the mistakes that can stick with you for the rest of your life.

COMMON MISTAKES

There are different kinds of mistakes we can possibly make. We can make mistakes at home, at work, with our loved ones, with strangers, or with ourselves. Some mistakes have immediate consequences,

while some have long term implications. Some can be corrected, while we have to learn to live with others. Although the mistakes people make in life are infinitely many, we will consider top twenty in this paper and its companion paper. Here we consider ten common mistakes people make. These mistakes are presented in alphabetical order.

1. Arrogance: We live in a society that demands fundamental human rights. Arrogance manifests itself in our relationship: toward God, towards ourselves, and toward others. Susan lives in an elegant home, and she has an Ivy league education. She takes pride in her work. And all of that's nice, but none of that can make her happy. She considers herself as self-made. That is where arrogance comes. Arrogance can also mean conceit, pride, or superiority. This kind of pride is based on self-centeredness, and can be destructive. The followers of Jesus Christ we must approach things differently. We do not demand our rights before God. Rather we surrender them to Him in humility. In God's kingdom, humility and service are keys to greatness. Humility is a quality of being courteously respectful of others. It is the opposite of arrogance, boastfulness, and vanity. A demeanor of humility is exactly what is needed to live in peace and harmony with all persons. There is no excuse for pride since everything we have comes from God. Paul wrote, "For who makes you different from anyone else? What do you have that you did not receive? And if you did receive it, why do you boast as though you did not?" (1 Corinthians 4:7).

2. Bad Friendship: Besides our family members, our friends are often the most precious to us. While we inherit our relatives, we choose who our friends are. There are many people who pretend to be our friends, but true friends are very scarce (Proverbs 18:24, RSV). Many are very friendly when they are not needed, when there is no cost to pay. But in time of trouble, they are hard to find. According to Aristotle, there are three kinds of friendship:

- (1) friendship based on affection—those friends who like each other and enjoy each other's company;
- (2) friendship based on mutual benefits—friends who do things for each other; and
- (3) friendship based on character—friends who admire each other.

While every real friendship is one of the three kinds, the blend changes from one friendship to another and can change within one friendship over time. There is in each of us the need to have friends and the desire to be a friend. No one is an island; no one lives alone. By our very nature, we cannot live without human contact. Our best friend is one who knows us better than anyone else, who accepts us the way we are, who we can confide in, who keeps our secrets, and who is always available. Maintaining social connections through friendship can even lengthen your lifespan and lower your risk of mental and physical health concerns, including depression and high blood pressure. Sometimes our friends have more impact on our lives than our family members. That impact can be positive or negative. When the impact is negative, we regard the friendship as bad or toxic. Toxic friendships can take different forms, but they generally drain you mentally and have a way of bringing you down instead of building you up. Such friendship is not beneficial. In short, a bad friend may be [2]:

- ✓ Overly competitive with you
- ✓ Likely to encourage bad behaviors
- ✓ Unreliable
- ✓ Combative (like to start fights)
- ✓ Rude
- ✓ Mean or degrading (make you feel bad)
- ✓ Prone to gossip
- ✓ Likely to bully you or others

When interactions with a friend are overwhelmingly negative, you may be dealing with a bad friend.

3. *Debt*: Debt is a form of financial mismanagement and is a common problem with most of us. We often spend money on impulse, buying to satisfy a brief whim or to impress others. Most of what we spend money on does not offer any long term happiness. Overspending often ties in with complicating our lives. Question yourself every time you want to buy something. Why am I buying this? Can I do without it? Does it offer long-term satisfaction? Can I truly afford this? If I charge this on my credit card, will I be able to pay it off at the end of the month?

4. *Digital Illiteracy*: We live in a digital age with the Internet economy growing rapidly. As digital technology has become ubiquitous, affordable, and portable, an increasing number of people worldwide are increasing their online participation. People use different technologies and tools for different reasons, such as exchanging messages, meeting, entertainment, shopping, sharing photos, and communicating with people. The use of technology has transformed every discipline and career, from engineering to medicine to politics. Literacy is the ability to read and write. If traditional literacy involves reading and writing skills, digital literacy requires the ability to extend those skills to effectively take advantage of the digital technologies. Digital literacy is a person's ability to find, evaluate, and communicate information through various digital platforms. It is a person's ability to perform tasks effectively in a digital environment. In addition, it encompasses 21st-century skills that are related to the effective and appropriate use of digital technologies. Nations are often ranked in terms of literacy rates, which indicate the adult population that can read and write. A digitally literate person becomes a socially responsible member of society. On the other hand, digital illiteracy is a mistake. It is not catching up with using digital devices [3]. Digital illiteracy refers to the inability to use digital media such as a computer, tablet, smartphone, or the Internet. It means not having the skills to explore, create, and manage digital content.

The reality is that not everyone is on board with our digital progress. A 2018 United States Department of Education report showed that 23% of adults in the OECD countries were not digitally literate. There are services for adults to develop sustainable and healthy ways to live with digital technologies. You should take advantage of those services if you are digitally behind [4].

5. *Eating a lot of fast food*: Food may be regarded as any plant or animal material, which can be consumed for nutrition and sustenance. Traditionally, eating involves slow food, which takes time to prepare. The introduction and popularization of fast food has shifted our habits toward eating efficiently. Eating away from home is becoming increasingly common, and the use of fast food restaurants is growing rapidly. Eating out is an outcome of changing food and eating habits of the consumers towards convenience in the present time-starved societies. It is also due to the social transformation associated with modernization and urbanization [5]. The terms "fast food" and "junk food" are typically used interchangeably. Junk food is often called HFSS (High fat, sugar or salt). Common fast food products include sandwiches, hamburgers, cheeseburgers, fried chicken, french fries, onion rings, chicken nuggets, tacos, pizza, hot dogs, chips, fruit, vegetables, milk, potato chips, chocolate or candy, soft drinks, and ice cream. Fast food, with its suggestion of speed, standardization, homogenization of taste, and Americanization, is a phenomenon that is growing quickly. It has been regarded as the epitome of instant gratification. It has serious effects in different aspects in our lives. A lack of economic prudence could be associated with fast-food culture. Differences in neighborhood income affect the patronage of fast food restaurants.

The disadvantages of fast food include [6]:

1. Fast food can have an adverse impact on the cardiovascular and digestive systems.
2. You will eat more calories when consuming fast food frequently.
3. People who eat at fast food restaurants underestimate their calorie intake.
4. Eating fast food can lead to issues with edema, bloating, and swelling.
5. Regular fast food consumption can lead to problems with obesity.
6. There are adverse effects on the nervous and reproductive systems.

7. Fast food can change your hair, skin, and nails.
8. It can have a negative impact on your skeletal system over time.
9. Pricing issues can come into play with the fast food industry.
10. Fast food is addictive.
11. You must review the quality of the food independently.

Fast food has been increasingly problematic among the youths. Rates of obesity among children have been attributed to fast food and is a major societal concern. Therefore, eating too much of fast food is a mistake.

6. Fear of failure: Fearing failure is a common mistake that many people make. Fear is an appropriate reaction to real and present danger. It is often the product of our imaginations without any true basis in reality. We fear failure. We fear success. We fear the future. We fear the past. Life is full of fearful things. The more we think about what we fear, the more we feed the fear. Then fear begins to control us, limit us, and ultimately overtake us. You need to examine your fears under a magnifying glass. Determine how much truth is there really in each fearful thing. What are the odds that the thing we fear will surely come to pass? The painful truth may be too scary to face. Do not deny the unpleasant truths in your life [7]. The problem is that if you fear failure, you will end up living a mediocre life because you are afraid of taking chances. You can go through life playing it safe and letting others think you are perfect. You can decide to stay in a bad job and never run the risk of applying to a new position. Your life will end up being far less than it should be. You will not have the education, achievements, career, and relationships that you would enjoy if you were willing to take some risks and not be afraid. Do not make the mistake of fearing failure. Be willing to have some failures that may catapult you to success [8].

7. Having too Many Children: The number of children you have directly affects the population of the country you belong and your financial status. If every couple in a nation decides to have one child (or none), the population of the country will diminish with time because the death of two individuals is replaced by one person. This is the strategy used by nations to decrease pollution. China did just that some years ago. If every couple in a nation has two children, the population will remain the same eventually. That is family typically shown in Figure 1 [9]. If every couple decides to have three or more children, the population will increase. This is the policy adopted by nations who have just gone through civil war and experienced drastic decrease in pollution. Such nations often encourage having many children through many incentives such as tax breaks and subsidies. When a nation asks its citizens to have many children without compensation, the families may become impoverished. The money they should have saved for rainy days or retirement is used in raising the kids. Some families even take the pride in sending the kids to the best elementary school, the best high schools, and the best colleges/universities. This is well and good provided their future savings is not at stake.

About 40 years ago, almost half of the American mothers had four or more children. Having a lot of kids is not a wise choice in today's society. It is considered a mistake because a couple may later regret it and the kids may not appreciate all you have done for them. The kids may consider your sacrifices as not enough.

8. Godlessness: God created man in His image (Genesis 1:26-27). Because we were created in the likeness of God, we are meant to reflect the image of God and become like Him in character. Godliness is living as if there is no God. The most important thing you have to bring onboard is your faith. When you have faith in God, you will have all the courage to survive life at sea. The fear of God compels us to grow in godliness, hate sin, and avoid evil (Proverbs 3:7; 8:13; 16:6). Godliness plays a unique role in our ongoing battle against our sin nature. It motivates us to worship Him with our whole being. It causes us to be careful in what we say (Proverbs 10:19; Ecclesiastes 5:2, 6-7). It helps us to understand our own sin and God's holiness. "Your riches won't help you on Judgment Day; only righteousness counts then" (Proverbs 11:4, TLB). The more we know God, the more we desire to be

like Him. We discover more and more that God is in control and we don't panic. We learn of His loving kindness and want to be kind to others. We understand God is faithful and we want to be faithful. When we truly know God, we will run away from sin and pursue holiness. Because we understand the true nature of things, we see things the way God sees them: we see sin as sin, and evil as evil. In short, godliness leads to godly living. It is a huge mistake to forget God and not walk according to His plan for your life. If you can achieve ten things without God, you have achieved forty with Him. When you trust God and commit all things to His care, you cannot lose.

9. Ignoring Health: You may be ignoring your health without realizing it. It can be challenging to find time to take care of your health with your tight schedule. However, many health-related problems start with the most unnoticed signs. Catching these problems early can help to prevent them from becoming serious later on. Over time, poor mental health can take a toll on your body and increase your risk for chronic conditions: (1) Anxiety increases the risk of arthritis, COPD (chronic obstructive pulmonary disease) and high blood pressure. (2) Depression heightens the risk of diabetes, heart disease and stroke; (3) Stress raises your risk for obesity, diabetes, and heart disease. An example of a stressed person is shown in Figure 2 [10]. Ignoring your health is a mistake. It's no secret that being proactive is the best way to stay healthy. Experts recommend the following tips to keep you healthy [10]:

- Eating a healthy diet consisting of unprocessed, whole foods
- Exercising regularly to help regulate dopamine
- Exposing yourself to sunlight for at least five minutes a day
- Getting enough sleep (experts recommend seven to eight hours a night)
- Keeping a routine, which is especially important for children and teens
- Practicing mind-body exercises, including yoga, meditation

10. Immorality: Immorality describes the principles and actions of individuals or groups. It may be regarded as concerned with the principles of right and wrong behavior and the goodness or badness of human character. It refers to actions or behaviors that are considered unethical, wrong, or sinful or to something that goes against accepted principles of right and wrong. It is taken to include conduct or thinking contrary to established standards of morality, from which they may differ according to race, culture and creed. It may include acts of violence, sexual misconduct, profanity, sacrilege, cheating on one's spouse, pornography, or other acts considered subversive, perverse or harmful. It may even include such afflictions as alcoholism and drug addiction [11]. Although what is considered moral or immoral can vary depending on cultural, religious, and personal beliefs, there are certain actions that are generally considered universally moral or immoral. For example, it is universally accepted that it is immoral to cheat on an examination, cheat on your spouse, or steal from your neighbor. It is immoral not to stand for what you believe or keep your promise. It is a mistake to have weak moral values.

CONCLUSION

We will all make mistakes from time to time. Making a mistake is a natural part of life. Mistakes can do wonders in helping us learn and grow. Each mistake can be an opportunity to grow stronger and become better. Self-forgiveness is an important step in moving past our mistakes. Self-forgiveness means acknowledging the wrong we have done while letting go of self-resentment and showing ourselves compassion, generosity, and love.

If you minimize or avoid the mistakes covered in this paper, you will be far ahead of most people, and you will be so much happier. We will live a regret-free life. More information about the uses of AI in social media can be found in the book in [12-19].

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Figure 1. A family of two kids [9].



Figure 2. A stressed person [10].

