Training Diagnostics: Learning to Read Learning Curves
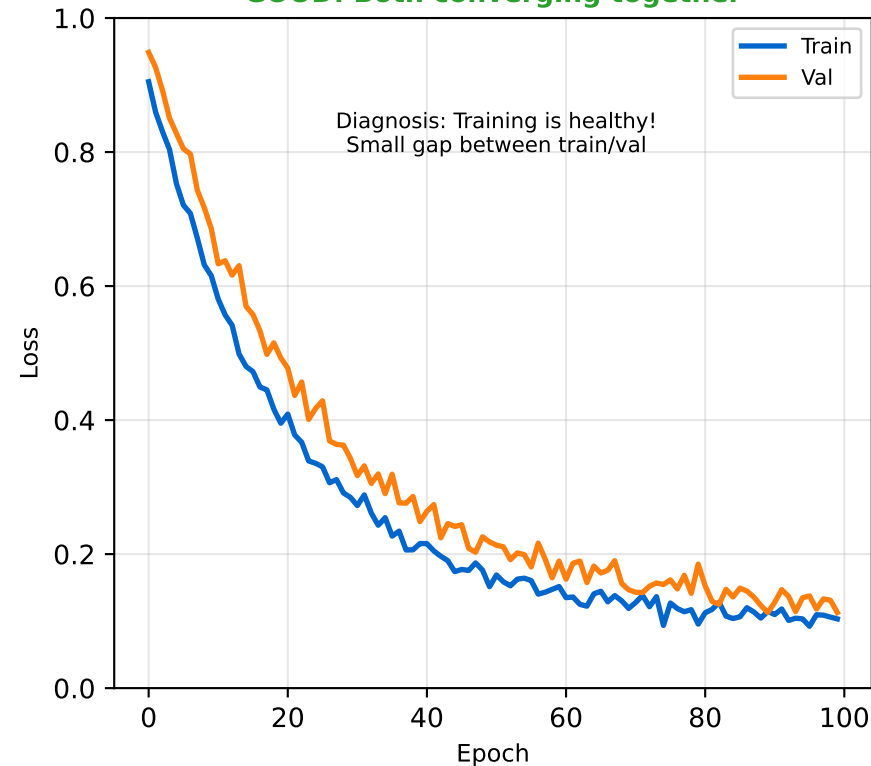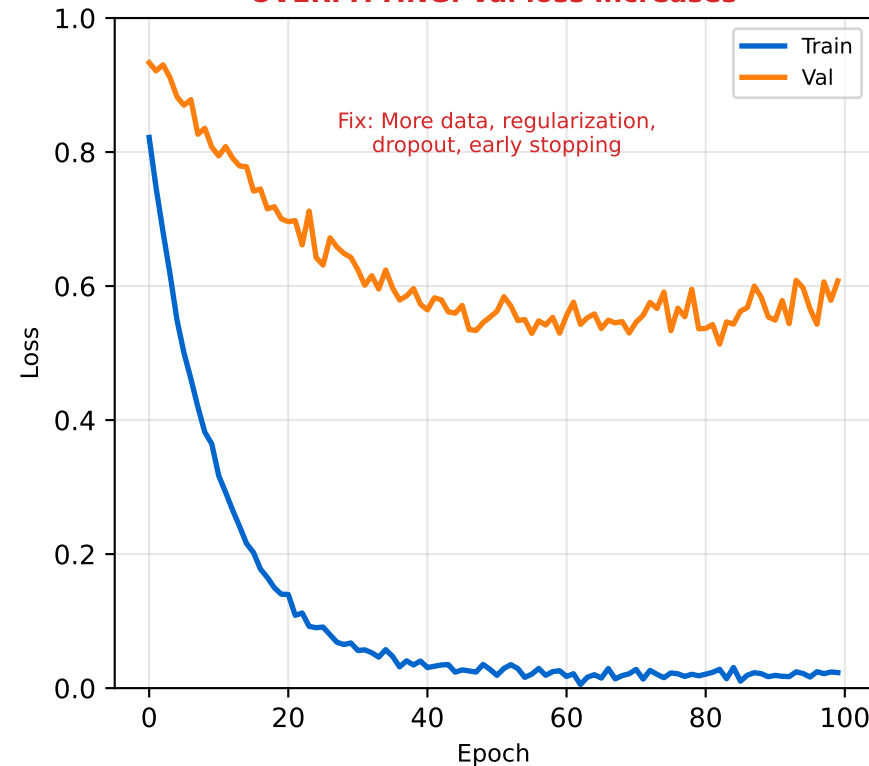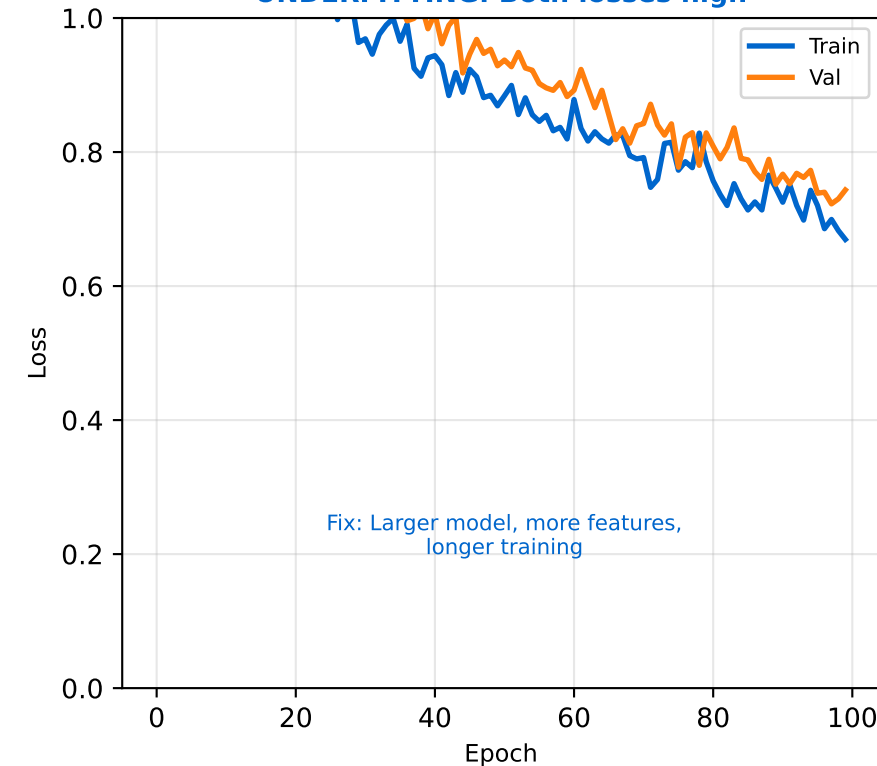
GOOD: Both converging together
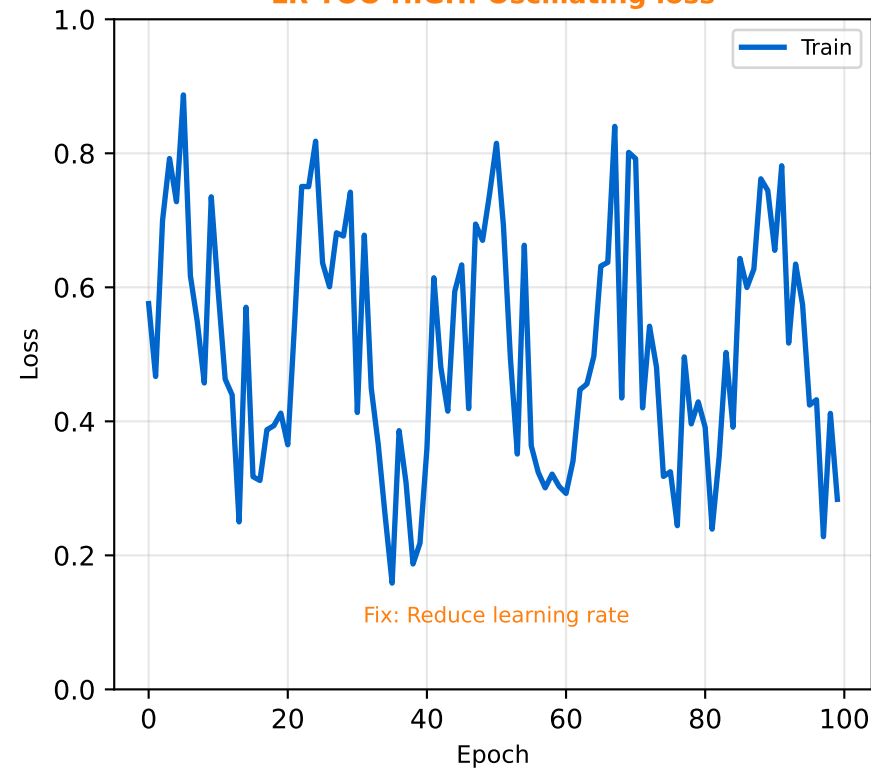
Diagnosis: Training is healthy!
Small gap between train/val

OVERFITTING: Val loss increases

Fix: More data, regularization,
dropout, early stopping

UNDERFITTING: Both losses high

Fix: Larger model, more features,
longer training

LR TOO HIGH: Oscillating loss

Fix: Reduce learning rate

LR TOO LOW: Very slow progress

Fix: Increase learning rate

PLATEAU: Learning stalled

Plateau region

Fix: LR schedule, momentum,
or wait patiently