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# Dunning-Kruger Effect

## Introduction

What's the Dunning-Kruger Effect? Dunning Effect is a congnitive bias where individuals with low ability in a particular area tend to overestimate their competence and expertise.

This phenomenon was first identified by psychologists David Dunning and Justing Kruger in 1999,who conducted a series of experiments to investigate the relation ship between skill level and self-assessment.

This Research found that people with low levels of skill or knowledge in a particular domain often overestimate their abilities, while those who are highly skilled tend to underestimate their abilities.

The Dunning-Kruger Effect has important implications in a wide range of areas, including education, business, and politices. It suggests that people may not always be aware of their own limitations and may need external feedback to accurately assess their skills and abilities.

## Why those who are more competent fell less confident?

Those who are more competent may underestimate their abilities becasue they have a higher standard for what consider to be "good" or "excellent" performance. They have a deeper understanding of the complexity and nuance of the domain, their can make more of aware of what they do not know or understand.

OtherWise, those who are highly competent may have a greater aooreciation for the uncretainties and complexities involved in their area of expertise, which can lead to greater caution and humility in their self-assessment. Futhermore, people who are highly competent may have a tendency towards self-reflection and introspection, which can make them more aware of their limitation and shortcomimngs. This self-awareness can lead to a more accurate assessment of their abilities, but it can also lead to a lack of confidence if they fell that they are not living up to their own high standards.

Overall, the Dunning-Kruger Effect highlights the importance of accurate self-assessment and the need for external feedback and objective evaluation. It is important to recognize our strengths and weaknesses, and to seek out opportunities for growth and development in areas where we may be lacking.

## Dunning-Kruger Effect's implications for education

Students who have low levels of competence in a particular subject may overestimate their abilities and be less motivated to improve their knowledge or skills. On the other hand, students who are highly competent may underestimate their abilities and be less confident in their knowledge and skills

> To address the Dunning-Kruger Effect in education, it is important to provide students with accurate feedback and assessments that are aligned with their level of competence.

Teachers can help students to recognize their strengths and weaknesses and to set realistic goals for improvement. Additionally, teachers can encourage students to engage in self-reflection and self-evaluation, helping them to develop a more accurate understanding of their abilities.

It is also important to recognize that students may have diffent levels of competence and learning styles. Teachers should strive to create supportive and iclusive learning enviroment that accommodates the needs of all students. This may involve providing differentiated providing differebtiated instruction, individualized feedback, and opportunities for collaboration and peer learning.

Overall, by recognizing and addressing the Dunning-Kruger Effect in education, teachers can help students to devolop a more accurate understanding of their abilities and to achieve their full potential.

## Summary

However, I know that is extremely difficult to realize individual in the campus, and it already diffcult to help one person to chage, let alone the whole class to change their thinking. I thick the most important step to overcome this problem is that students should have the ambition to plore, be willing to try different subjects in diffent fields, and explore the differences of various subjects In addition, we should remind ourselves not to have too little confidence in ourselves. If we cant't do it now, it doesn't mean that we can't do it in the future. From now on, we should learn the basic knowledge steadily, and we well be able to complete this project in the feature.

## Study & Health

The importance of physical health in learning is self-evident, A healthy body can help us to be more focused, motivated, and energetic in our studies. Conversely, if our phsical health is compromised, it can negatively impact our ability to learn and retain information. For example, lack of sleep, poor nutrition, and sedentary lifestyle can lead to fatigue, poor concentration, and reduced memory function, all of which can hinder academic performance. Therefore, it is crucial to prioritize physical health through regular exercise, healthy diet, adequate sleep, and stress management to optimize our learning potential!