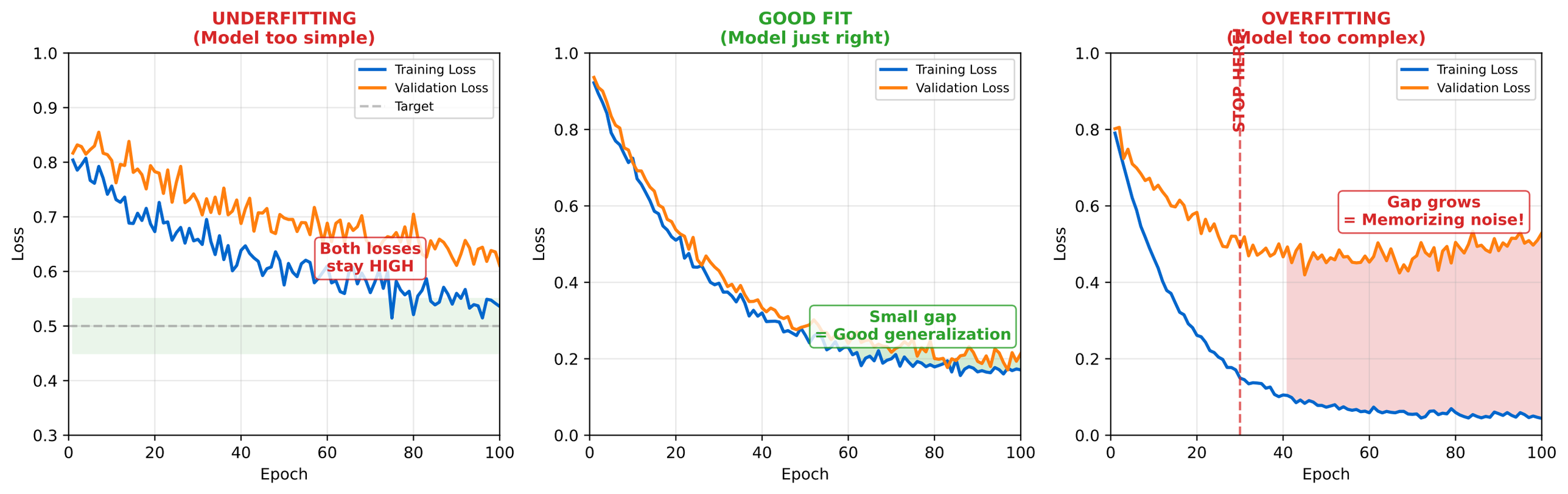
UNDERFITTING
(Model too simple)
Training Loss
Validation Loss
Target
Both losses
stay HIGH
Loss
Epoch
GOOD FIT
(Model just right)
Training Loss
Validation Loss
Small gap
= Good generalization
Loss
Epoch
OVERFITTING
(Model too complex)
STOP HERE!
Training Loss
Validation Loss
Gap grows
= Memorizing noise!
Loss
Epoch