Notes on Why Reinforcement Learning Forgets Less

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# Notes to LLM training via Reinforcement Learning

The training of LLMs these days is performed in two separate steps

1 ) Pre-training: Learning general language patterns from vast, unlabeled text.

2 ) Post-training (fine-tuning): Specializing the model for task or preferences :

//TODO: finish the overview based on [TaRL]

# References

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[] [Supervised Fine-Tuning, Chapter 11 of LLM Course on HuggingFace.co](https://huggingface.co/learn/llm-course/en/chapter11/1)