* By examining the gap between the validation learning curve and training learning curve.
* By examining the training error: its value and its evolution as the training set sizes increase.
* If the **training error** is very **low**, it means that the training data is fitted very well by the estimated model. If the model fits the training data very well, it means it has **low bias**.
* If the **training error is high**, it means that the training data is not fitted well enough by the estimated model. If the model fails to fit the training data well, it means it has **high bias**.
* A **narrow gap indicates low variance**.  Generally, the more narrow the gap, the lower the variance.
* The **wider the gap, the greater the variance**
* High training MSEs can be used as indicators of low variance. Also, low training MSEs corroborate this diagnosis of high variance.

Overfitting happens when the model performs well on the training set, but far poorer on the test (or validation) set.