

Kaizen: Practical Self-supervised Continual Learning with Continual Fine-tuning Chi lan Tang 1,2 Lorena Qendro <sup>1</sup>

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# Overview

Kaizen strikes an optimal balance between supervised and unsupervised methods, grounded in more realistic data assumptions and enhanced usability over time.

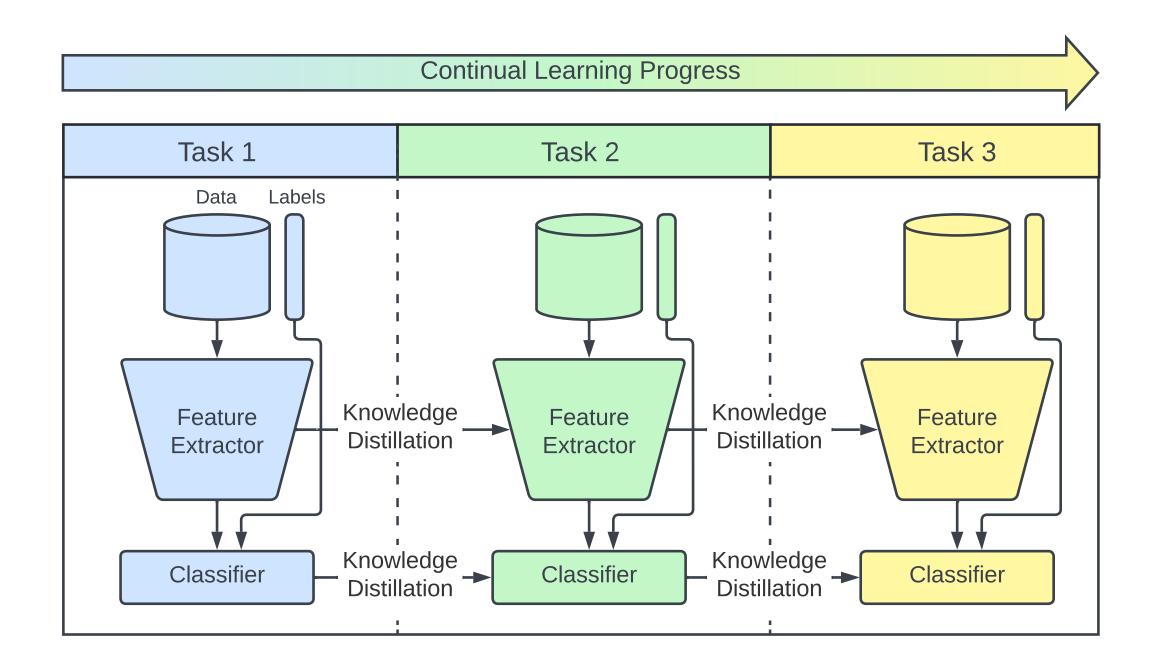


Figure: Representation of Kaizen providing continual fine-tuning.

- Kaizen ensures reliable usability of the classifier, while it continuously adapts to new tasks.
- It leverages labeled data as available, combining self-supervised learning with unlabeled data for enhanced generalization and reduced dependence on labels.
- Kaizen effectively harmonizes **learning new tasks** with the **retention of existing knowledge**.

## Method

 Kaizen proposes a joint loss function that balances learning objectives, allowing models to learn from new data while retaining knowledge from previous tasks:

$$\mathcal{L} = \mathcal{L}_{\mathrm{FE}}^{\mathrm{KD}} + \mathcal{L}_{\mathrm{C}}^{\mathrm{KD}} + \mathcal{L}_{\mathrm{C}}^{\mathrm{CT}} + \mathcal{L}_{\mathrm{FE}}^{\mathrm{CT}}$$

• The feature extractors are trained through SSL alongside knowledge distillation, while the classifiers are trained on both unlabelled and labelled data through knowledge distillation and fine-tuning.

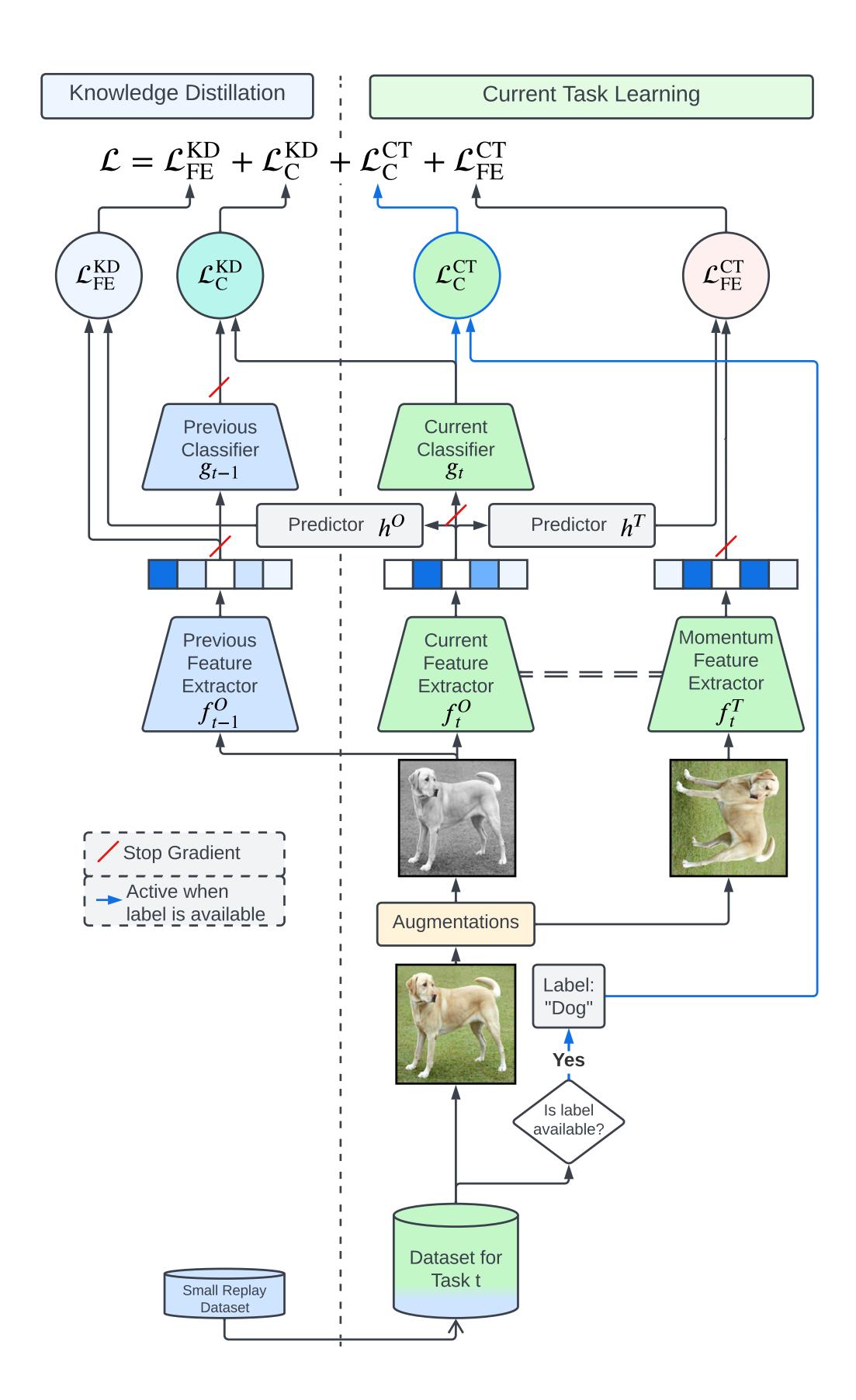


Figure: Overview of the Kaizen framework.

Kaizen is made of the following components that tackle catastrophic forgetting and label scarcity:

- 1. Contrastive self-supervised learning module for the feature extractor
- 2. Knowledge distillation for the feature extractor
- 3. Supervised learning module for the classifier
- 4. Knowledge distillation for the classifier
- 5. Memory replay: a subset of samples from previous tasks are replayed during training.

### **Evaluation**

- Datasets. CIFAR-100 and ImageNet100, randomly divided into equal-class tasks for the experiments.
- SSL Methods. SSL backbones like SimCLR, MoCoV2+, BYOL, and VICReg to assess its generalizability.
- Baselines. SOTA CSSL pipeline CaSSLe [1] and a no distillation setup.

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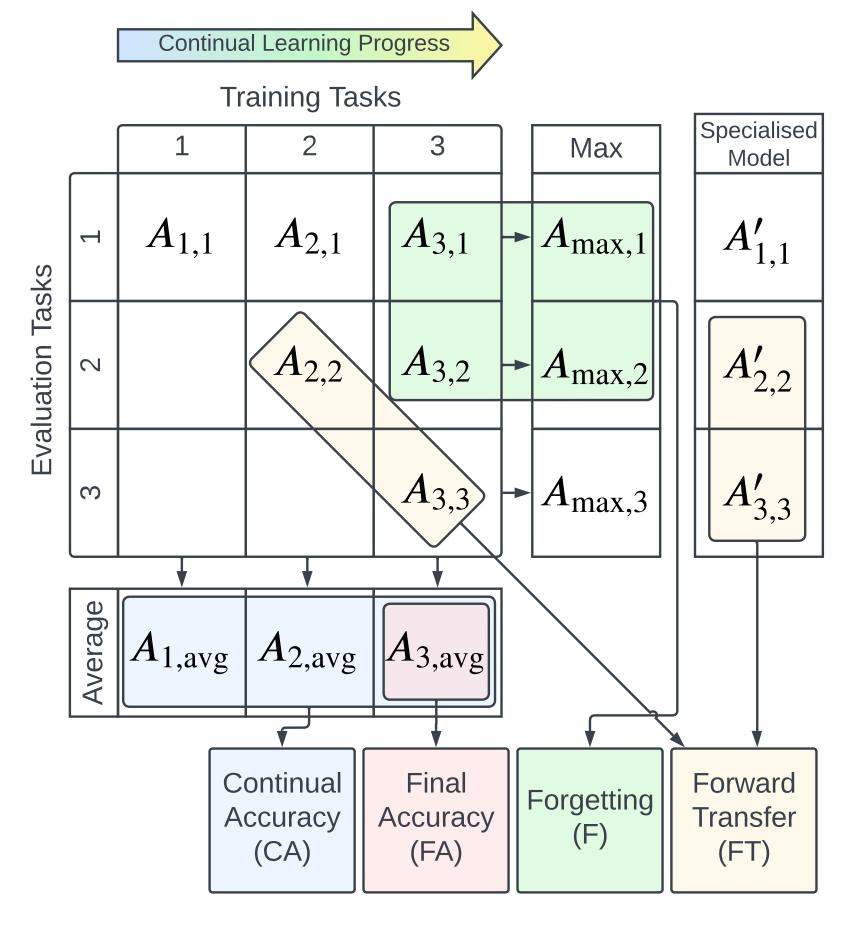


Figure: Calculation of the evaluation metrics.

### Metrics:

- Continual Accuracy. Accuracy throughout the learning process.
- Final Accuracy. Accuracy at the final learning step.
- Forgetting. Performance lost over time.
- Forward Transfer. Specialised vs continual learning model.

### Performance overview

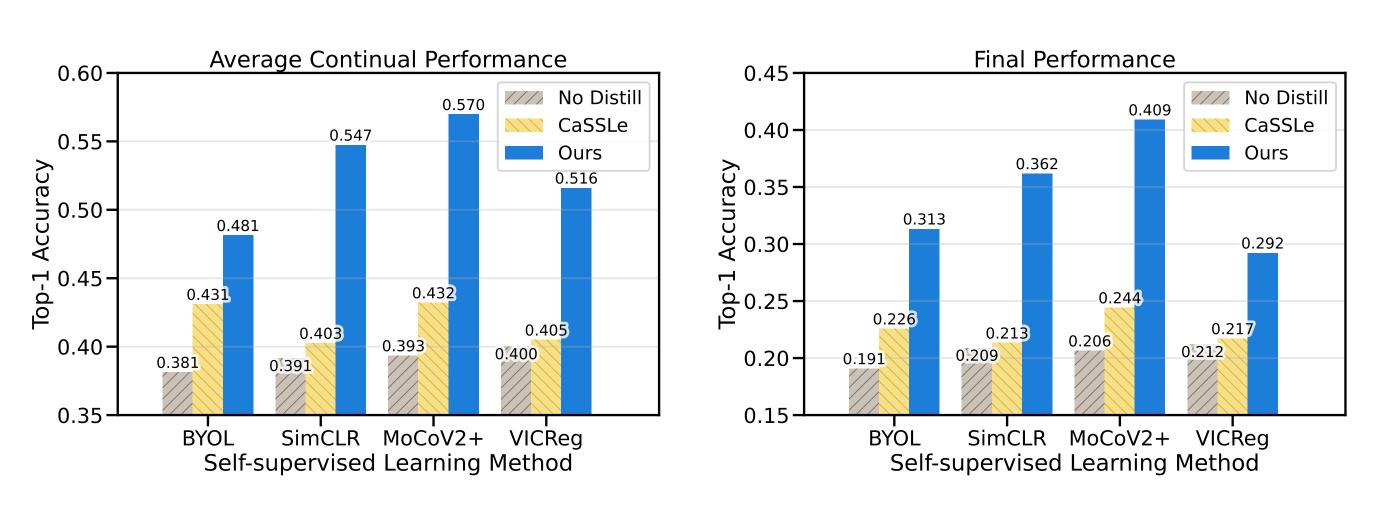


Figure: Performance comparison on CIFAR100. The left figure shows the average performance across the entire continual learning process, while the right figure shows the performance in the final evaluation.

- Kaizen is compatible with different SSL methods.
- Outperforms SOTA method CaSSLe by up to 13.8% in Continual Accuracy.

# Per-task performance breakdown

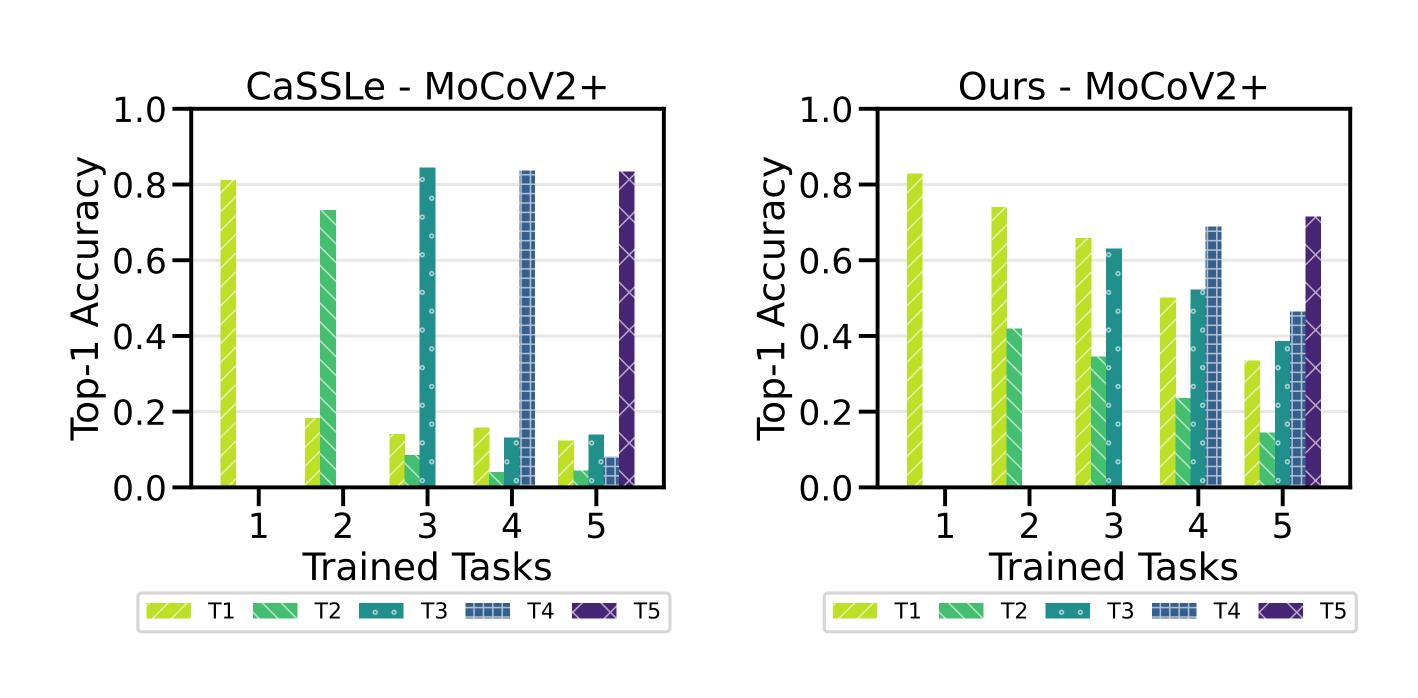


Figure: Detailed breakdown of performance over tasks on CIFAR-100. Fine-grained accuracy for every additional task across Kaizen and CaSSLe, with a fixed SSL backbone.

- Kaizen exhibits a more refined degradation of performance on previous tasks over time, by forgetting acquired knowledge in a more controlled and graceful manner.
- SOTA ignores knowledge distillation for the classifier and suffers a significant one-step drop in performance on previous tasks.

### Performance variation over time

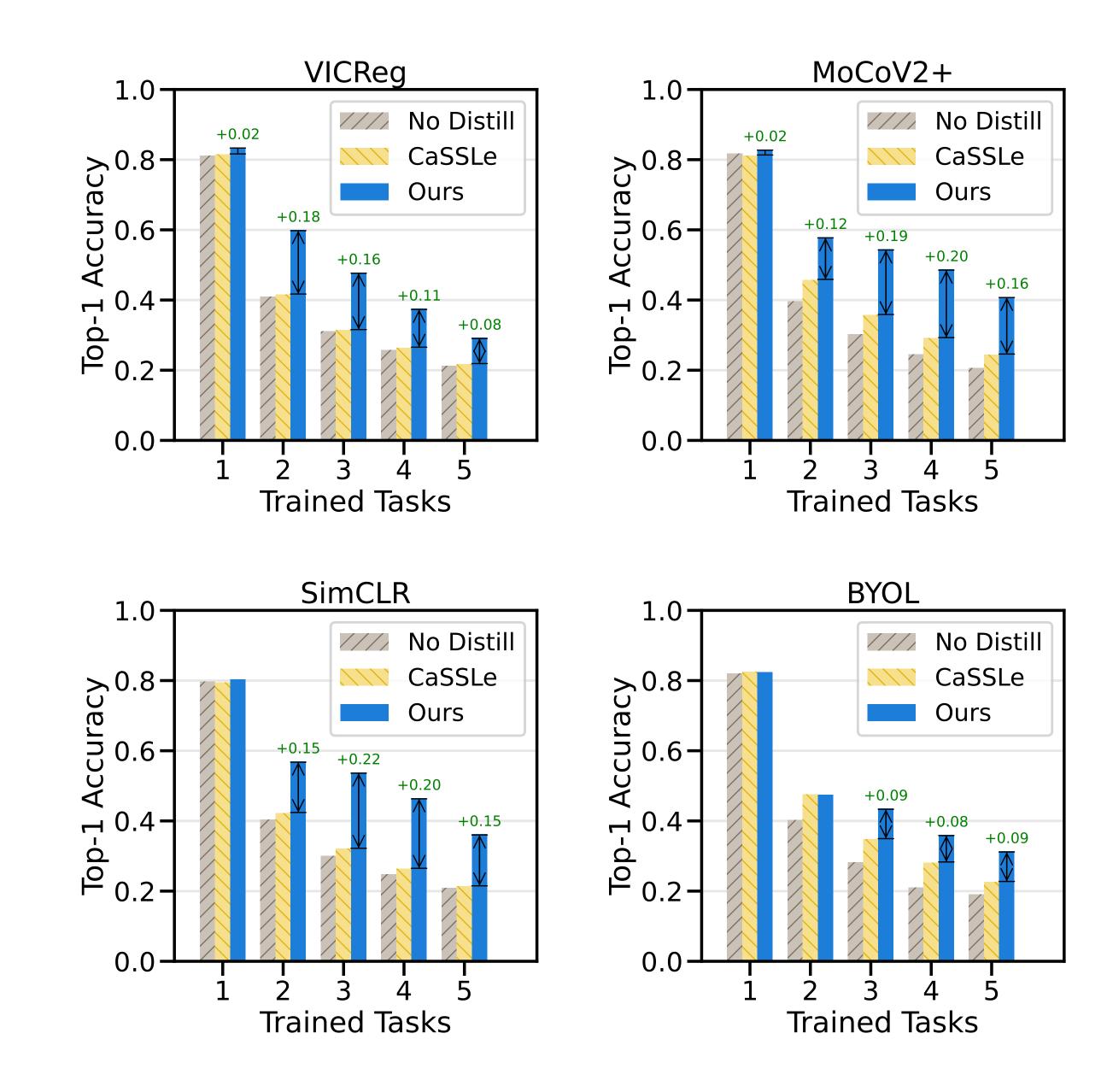
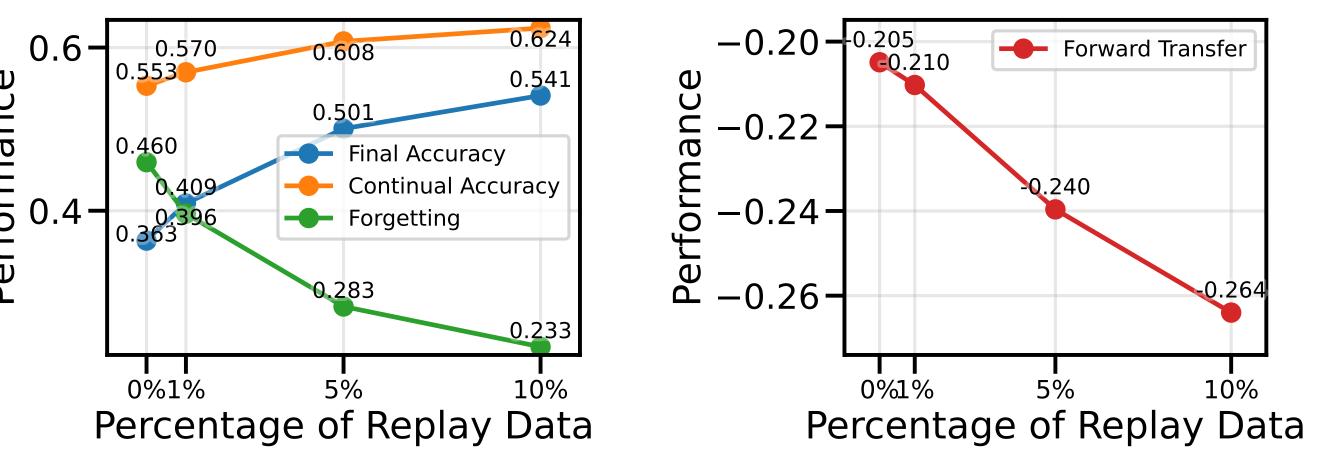


Figure: Average performance over 5 tasks on CIFAR-100. Each group of bars represents performance at each continual learning step.

- The performance naturally decreases, because the task becomes more and more difficult over time with more classes.
- Our method enables more gradual forgetting over time, which results in higher final performance across time.

### Ablation on replay dataset size

• Replay is a crucial component in combating catastrophic forgetting for methods that do not rely on task labels.



- Figure: Performance of Kaizen on CIFAR100 with MoCoV2+ backbone with varying amounts of replay data.
- More replay data improves overall performance and reduces forgetting, though at the expense of forward transfer.
- Kaizen performs well even with zero replay, meeting stringent data conditions where replay is impractical.

# Conclusions

- Kaizen improves existing continual learning methods, enabling ongoing classifier training and flexible deployment at any stage.
- Its learning objectives are strategically designed to ensure a balanced training of the feature extractor and classifier.
- Rigorous testing with a broad set of evaluation metrics shows that Kaizen excels in balancing knowledge retention with new learning, outperforming current methods.

# **References and Links**

- [1] Enrico Fini, Victor G Turrisi da Costa, Xavier Alameda-Pineda, Elisa Ricci, Karteek Alahari, and Julien Mairal.
  - Self-supervised models are continual learners. In Proceedings of the IEEE/CVF Conference on Computer Vision and Pattern Recognition, pages





