I'm more interested in the 255182 paper in the moodle upload. It's about how they used gradient-descent based learning algorithms in order to find the role of the difficultly of training on the rate of learning. They found that an error rate of ~15.87% led to the best learning rate and they show how it works well in neural network models that people use (Perception and Law and Gold). They briefly mention how their 85% rule (100 – 15) might apply to people as well. This paper hasn't been peer-reviewed yet but it's uploaded online as a preprint so people can access it before peer reviewing.

The other paper is about how breaking down learning material into smaller parts (shaping) can help learning. They test the effectiveness of shaping on a neural network model and found that shaping led to faster learning compared to "conventional training". The authors also looked at what made one shaping better than another (how to break learning material into smaller parts) through the model.