Early Stopping

Training vs Validation Loss

Loss

Stop Here

Epochs

■ Training Loss   ■ Validation Loss

🕐 Patience Parameter

Wait N epochs before stopping

Key Features

Monitors validation performance during training

Stops when validation loss **stops improving**

Prevents overfitting to training data

Saves **best model** based on validation metric

✓ Simple & Effective

Widely used regularization technique, often combined with learning rate scheduling