



Figure 1: **Training approaches comparison.** Three methods for EEG classification: (1) EEG-CLIP uses contrastive pre-training with text before target task fine-tuning with frozen encoder, (2) Irrelevant Task Transfer pre-trains on an unrelated task then adapts to target task with frozen encoder, (3) Task-Specific trains directly on target task end-to-end. Components: blue = EEG encoder, orange = text encoder, green = classification head, striped = frozen/non-trainable.