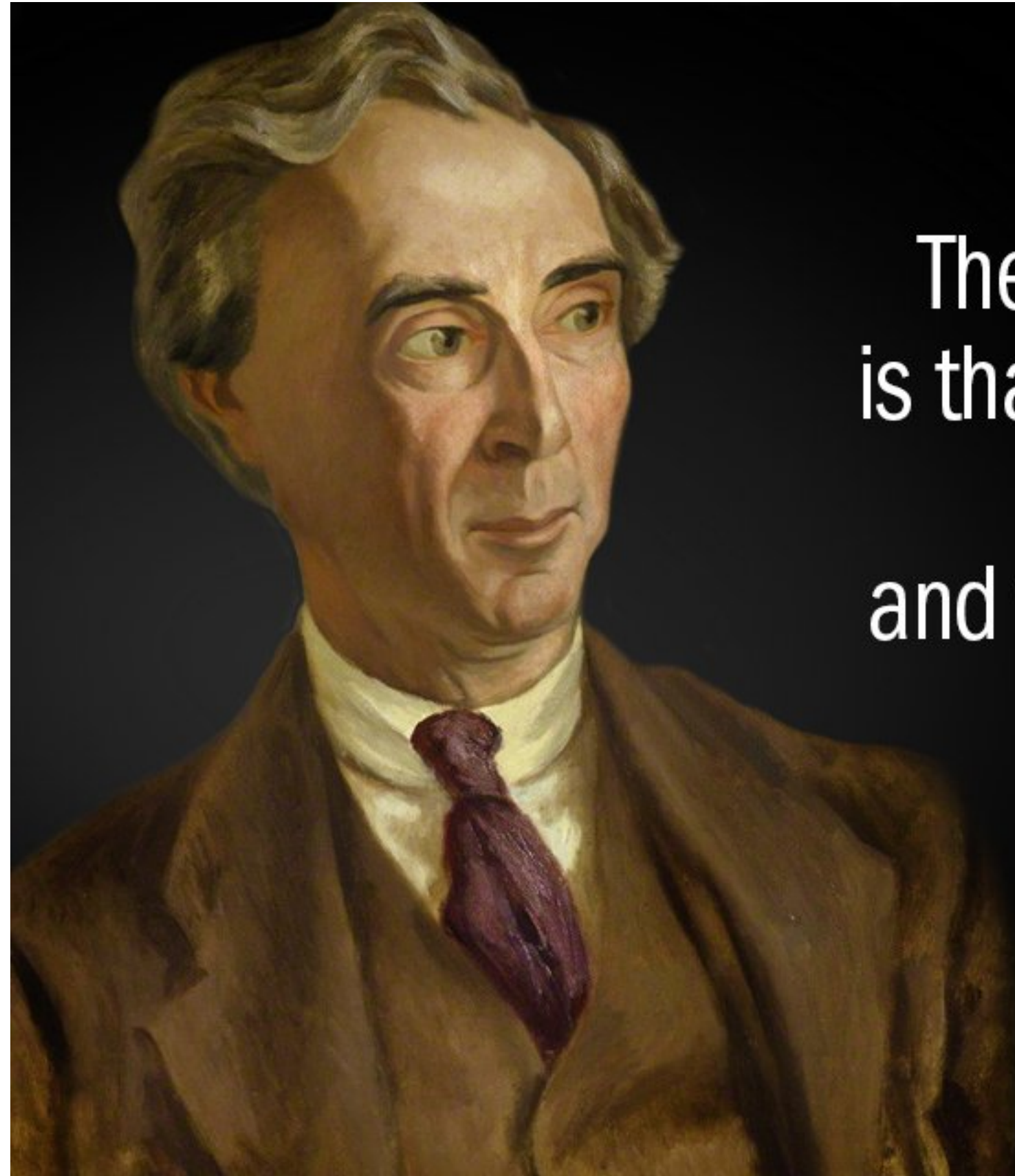


# Dunning–Kruger effect

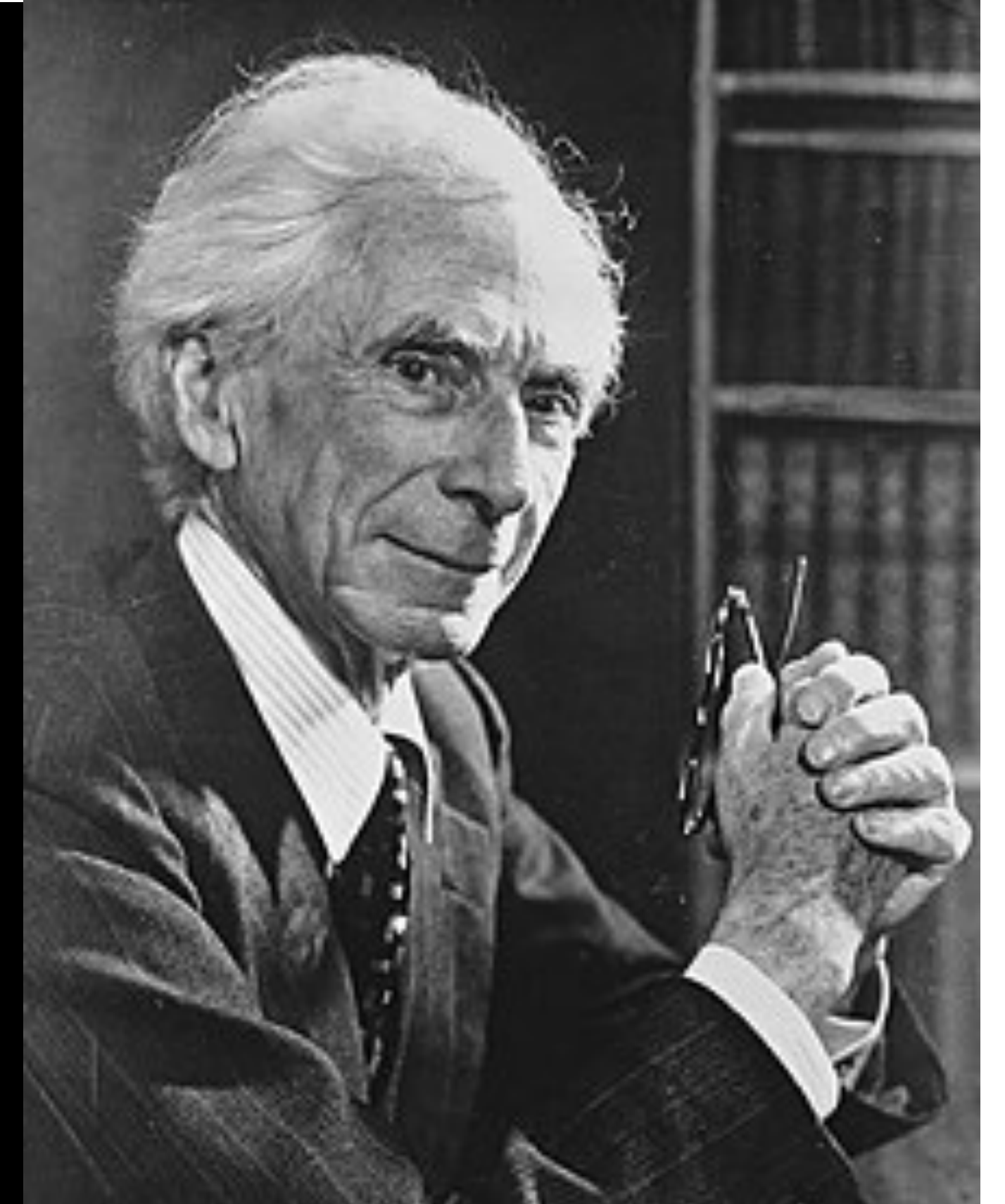
达宁效应



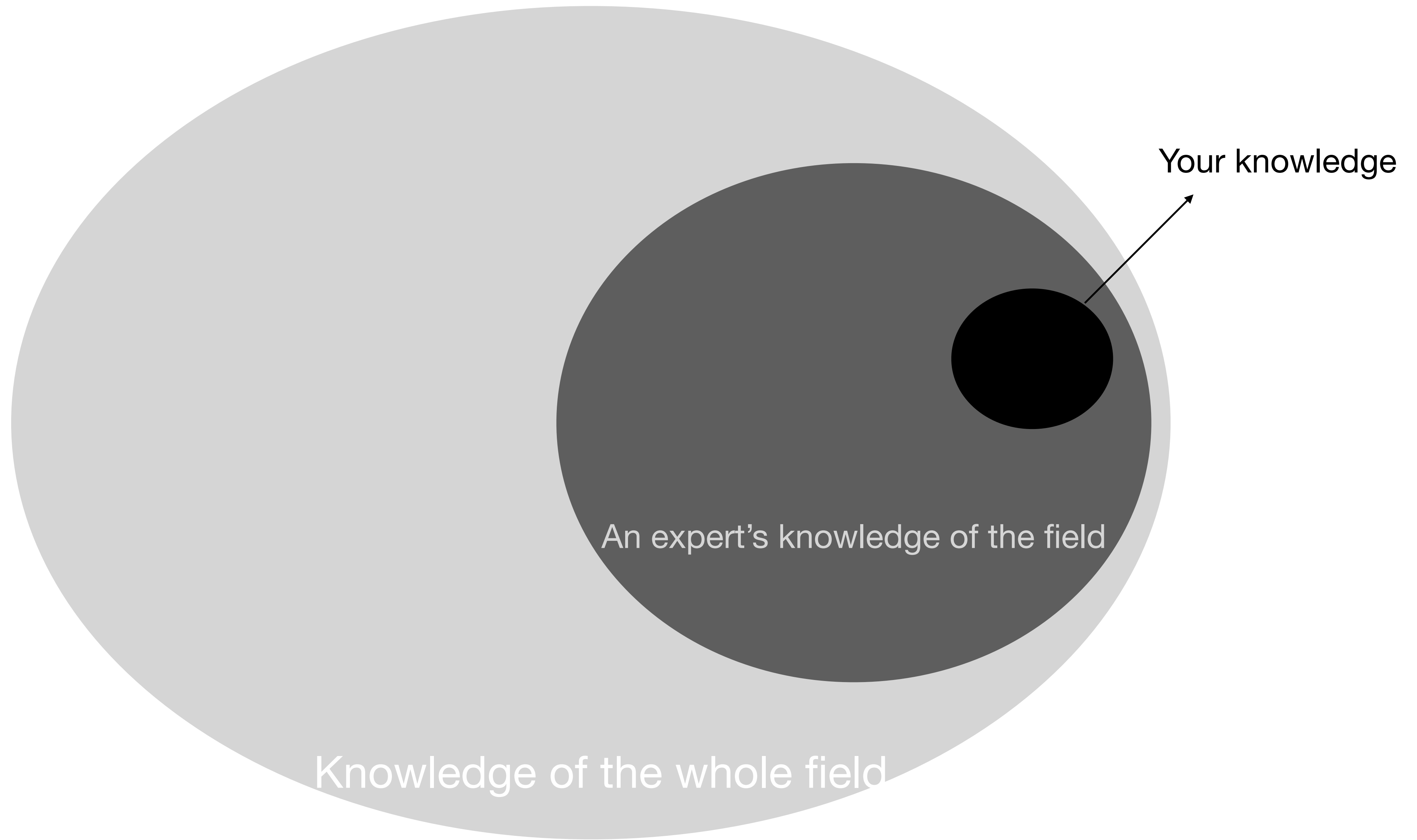
The whole problem with the world  
is that **fools and fanatics** are always  
so **certain of themselves**,  
and **wiser people** so full of doubts.

– *Bertrand Russell*

AZ QUOTES



# A plausible explanation



# What is Dunning–Kruger effect

The Dunning–Kruger effect is a hypothetical **cognitive bias**.

- people with low ability at a task overestimate their own ability.
- people with high ability at a task underestimate their own ability.

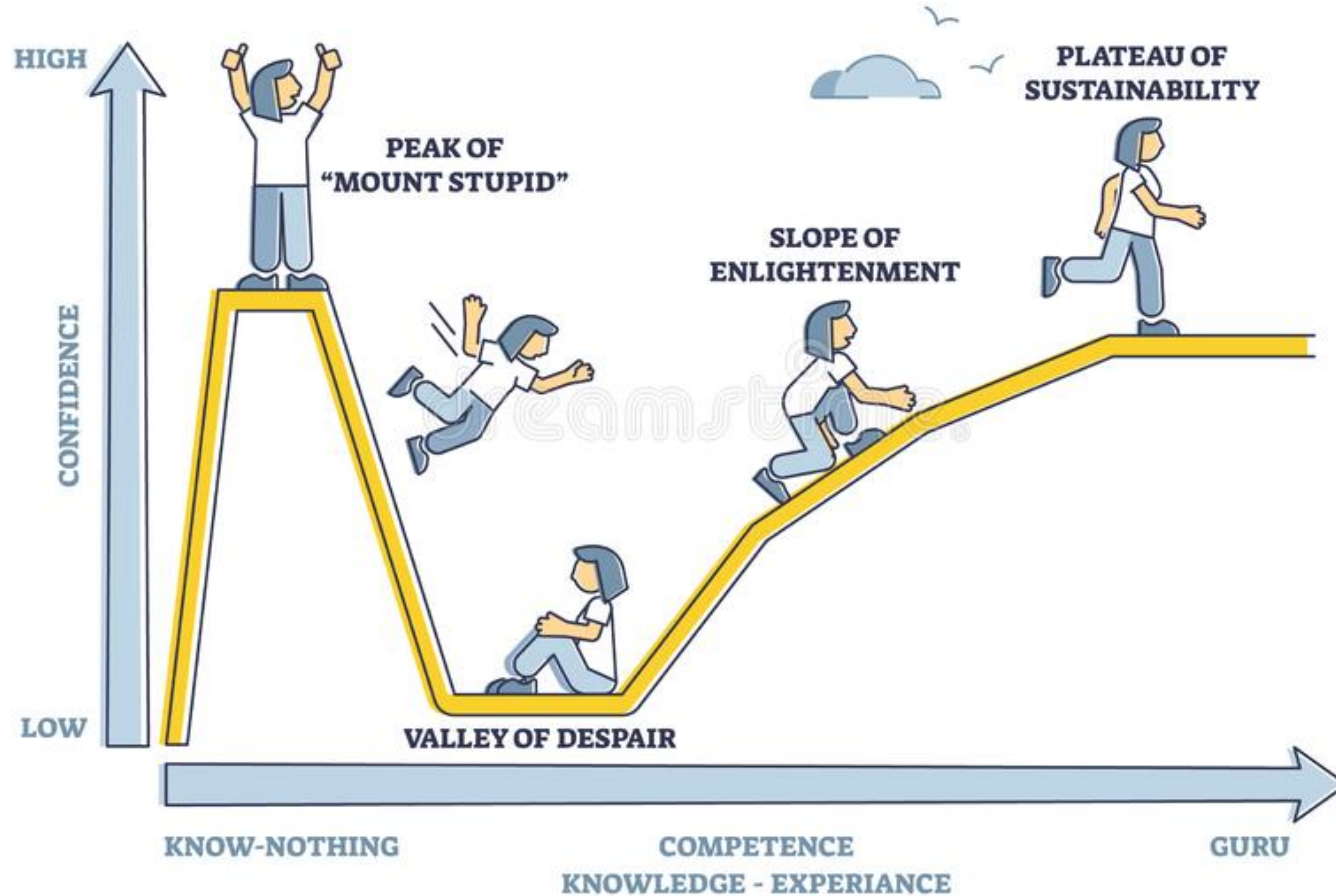
—[Kruger, Justin; Dunning, David](#) (1999).

"Unskilled and Unaware of It: How Difficulties in Recognizing One's Own Incompetence Lead to Inflated Self-Assessments".

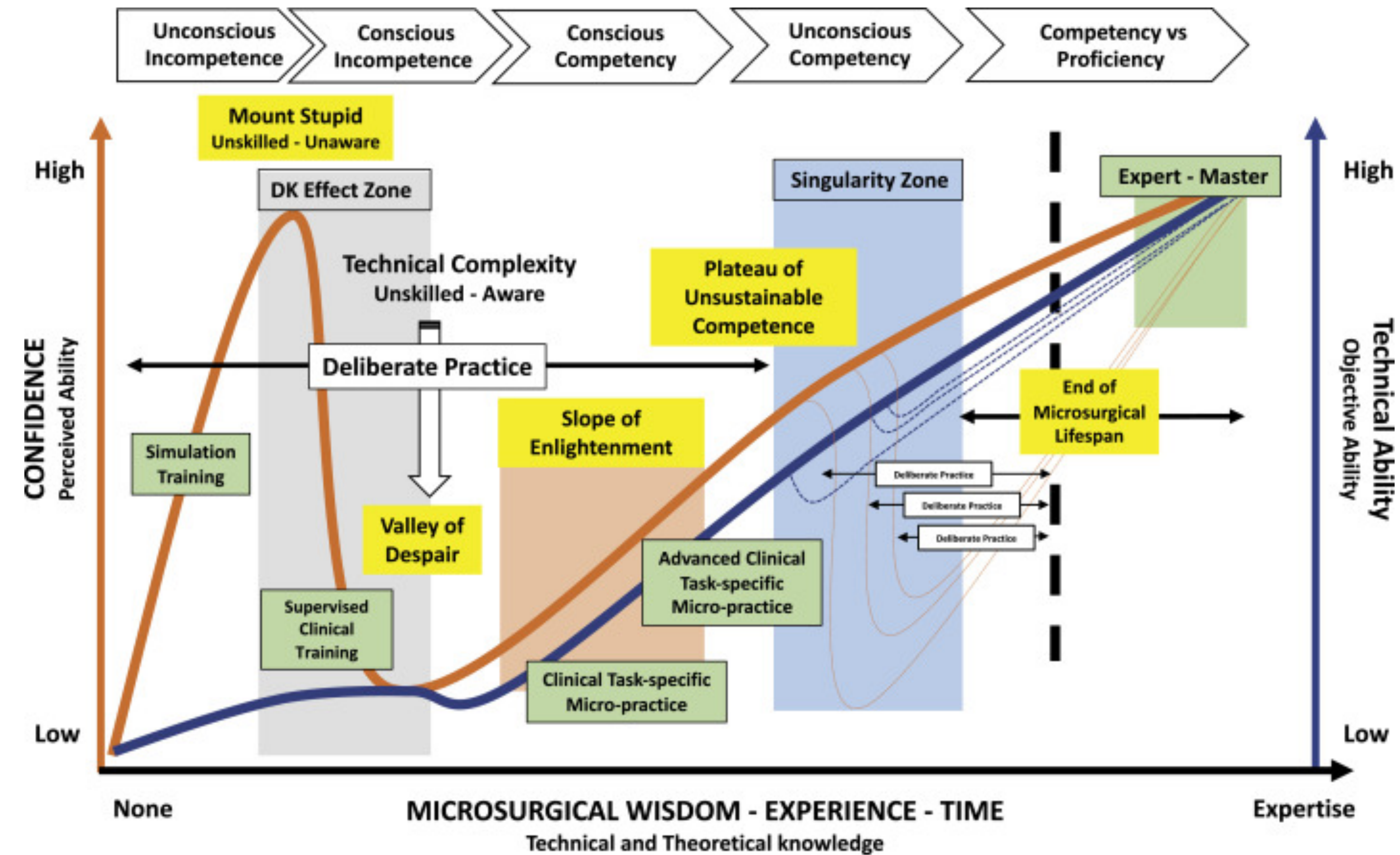
*Journal of Personality and Social Psychology*. **77** (6): 1121–1134



# DUNNING KRUGER EFFECT







1. You don't know that you don't know
2. You know that you don't know
3. You know that you know
4. You don't know that you know

# Metacognition / Deliberate Practice

元认知

Without the **self-awareness** of **metacognition**, people cannot objectively evaluate their level of competence.

Metacognition is an awareness of one's own thought processes and an understanding of the patterns behind them.

The term comes from the root word **meta**, meaning "beyond", or "on top of".

Metacognition can take many forms, such as reflecting on one's own ways of thinking and knowing when and how to use particular strategies for problem-solving.



## Dunning-Kruger Effect

