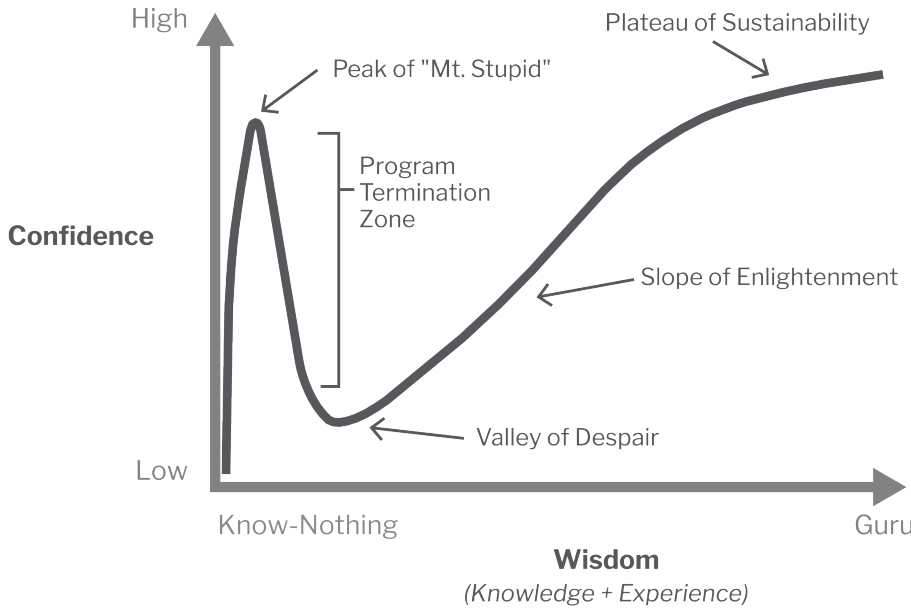




EXERCISE 4



DUNNING-KRUGER EFFECT

Keep in mind that you may not have been aware of the Dunning-Kruger effect at all, or may not have been aware enough to consider that you were guilty of giving yourself either too much credit (Peak of Mt. Stupid) or guilty of quitting something (being in the Valley of Despair).

Provide three examples below where you **quit** something in your life, and now, in hindsight, the “Dunning Kruger Effect” was either **more than likely** or **clearly the reason** why you quit, but at the time you were not well enough educated to understand the “why”.

Example 1:

Example 2:



EXERCISE 4 (Cont'd.)

Example 3:

NOTES
