

Adobe Premiere Pro – Advanced Steps

Normalizing audio

This step brings audio levels from various files in the timeline to the same level. Depending on which audio files you choose to normalize, it will bring the lows up and the highs down to about the same level. This makes for much easier fine tuning at the end of the editing process. No wild swings between interviews and voice track – they'll all be within the same range.

You want to normalize all of your nat sound (channel 1) together and then all your interview sound (channel 2) together. Don't normalize channel 1 and channel 2 at the same time.

Steps:

Highlight the audio files you want to normalize

Right click

Audio Gain

Normalize All Peaks to: -9

OK

As you do this, watch the waveforms all adjust to approximately the same levels.

Review your audio to make sure the interviews are -12db in the meters to the right of the timeline.

Autosave

You can change how often Premiere will automatically save your project. More frequently might slow you down as you edit, because the saving process will momentarily interrupt what you're doing. Less frequently means you have to remember to save yourself, or risk losing some work.

Steps:

PremierProCC dropdown menu at top left

Preferences

Auto Save

Change frequency

OK

Freeze frame of video

You may want to freeze a frame of video. For example, if the last shot in your package isn't long enough for the 10-second pad at the bottom of the package, then freezing the last shot solves this problem. Or, you can freeze a frame of shaky video of a suspect photo as a mugshot.

Steps:

Put the cursor in the timeline on the exact frame of video you want to freeze.

Click on the camera icon underneath the timeline playback window.

Rename the new file

Format: DPX

Check the Import into project box

Browse: navigate to the folder that contains your "other elements" for this project

OK

Find the file in your project bin

Drag to the timeline

Drag the edges of the file to make it longer or shorter

Rate Stretch Tool

Sometimes you don't have quite enough video to cover a track. This tool will allow you to stretch the video a couple of extra seconds by slowing it down slightly. Or, sometimes you have a piece of video you want to get through more quickly. This tool can also make a longer piece of video fit into a smaller space on the timeline

Video: https://library.creativecow.net/articles/devis_andrew/Learning-the-tools-3/video-tutorial

Steps to speed up or slow down video:

Highlight the piece of video you want to speed up or slow down

Clip → Video Options → Frame blend

Click on Rate Stretch Tool 

Shorten the clip to make it faster, lengthen the clip to make it slower

Render

Adding movement to stills or video with key frames

This is a great way to make simple stories look more polished. You can zoom in or out of or pan across a photo to highlight what you want the viewer to see. You can also use this on a standup to make it appear as though you had a videographer with you. There are limits to how much you can zoom before the video quality degrades. Don't sacrifice video quality for flashy editing.

Steps to add movement to a still photo or video:

Use Media Browser to import the photo to your "other elements" folder for this project

Drag the photo to your timeline

Extend the photo to the length you want (to cover X seconds of track)

Scale to frame size

Double click on the photo so it appears in the source viewer

At the top of the source viewer, click on Effect Controls

Click the drop down triangle for Motion

Just to the right, notice the new cursor. This determines where you apply the effects.

With the cursor at the beginning, zoom in on the photo so it fills the screen

Click on the clock (circle) icon next to Scale

Click and hold on the blue numbers in the Scale line and then move the mouse up

Zoom in until the photo fills the screen

With the cursor at the beginning of the Effect Controls timeline, center the photo in the screen

Click on the clock (circle) icon next to Position

Click and hold on the blue numbers in the Position line and move the mouse to reposition

Now you've got your photo the way you want it at the start of the movement

In the timeline move the cursor to the part of the track where you want the movement to begin

Notice how the cursor also moved in the Effect Controls timeline

In Effect Controls, add a key frame where you want the movement to begin by clicking the diamond on the Position and Scale lines

Notice how a new diamond (key frame) is added to the Effect Controls timeline

Adjust the photo by zooming and panning with the Position and Scale numbers

Be careful not to leave black on the edges of the photo

Add more movement (key frames) by repeating the process

Adjust key frames by dragging the diamonds; delete key frames by click and delete, copy and paste key frames by clicking, control c, control v

Steps to add movement to video:

Same as above

For broll, extend the video to cover X seconds of track

For a SOT, add key frames where you want within the subclip