



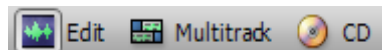
**Training Guide:**  
**Recording with Adobe Audition**

Recording with Audobe Audition has some distinct advantages. It allows you more options when recording and editing and it gives you a visual display (waveforms) of what you are recording, while you are recording it. This tutorial will guide you through using Adobe Audition for the simple task of recording and saving.

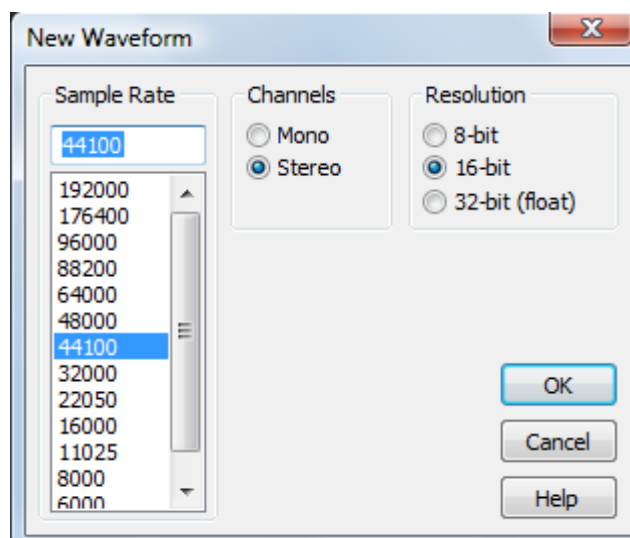
1. To open Adobe Audition, double-click on the '**Adobe Audition 3.0**' icon (pictured below) on the desktop.



2. This will bring up Audition with a blank screen. Before you start recording or import files, make sure the '**edit**' view is selected in the top left hand corner.



3. When view is selected, click on '**file**' and from this drop-down list, select '**new...**'.
4. You will then get a pop-up window under the heading '**new waveform**'. In the options here choose a sample rate of '**44100**', '**stereo**' under the channels section and '**16-bit**' under the resolution section. Click **OK** once these are selected. We are now ready to record.



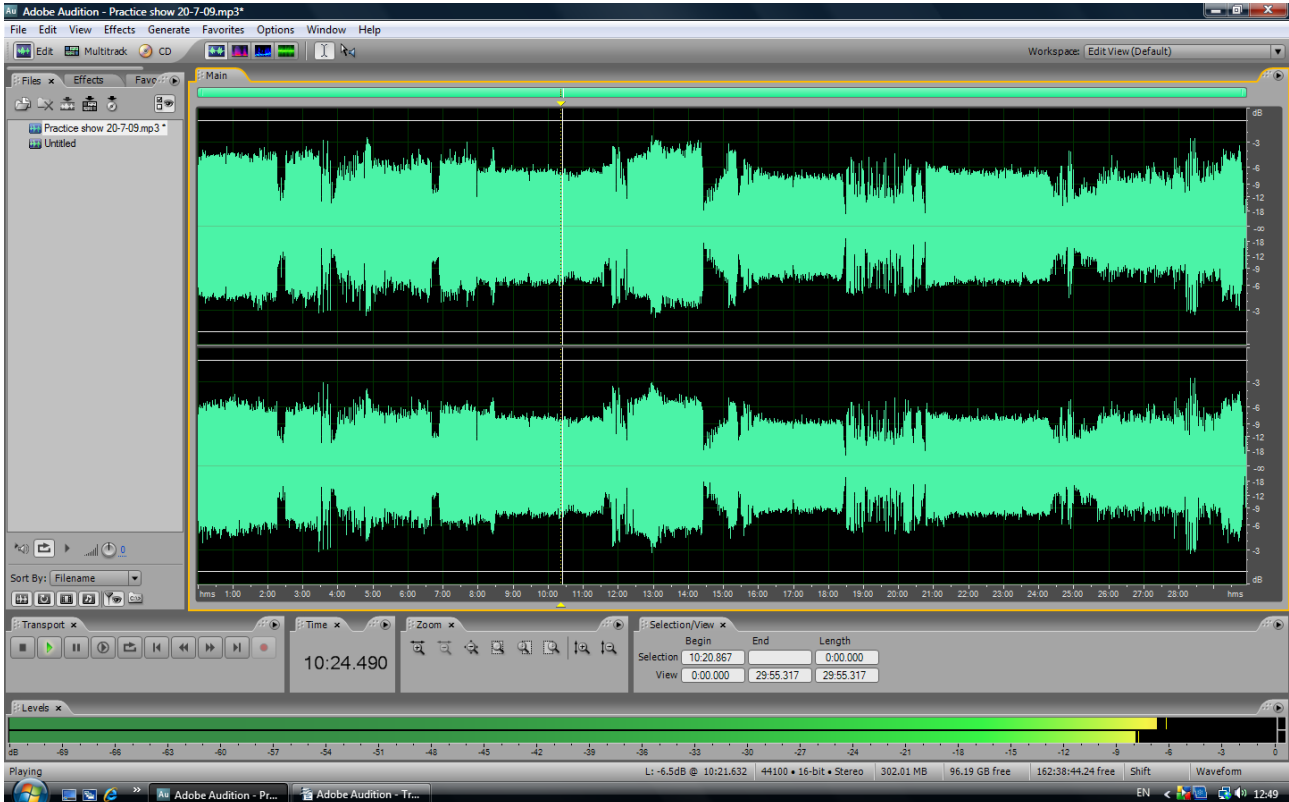
- To start recording, click on the record button (pictured below). Anything you do through the desk will be recorded on Adobe Audition.



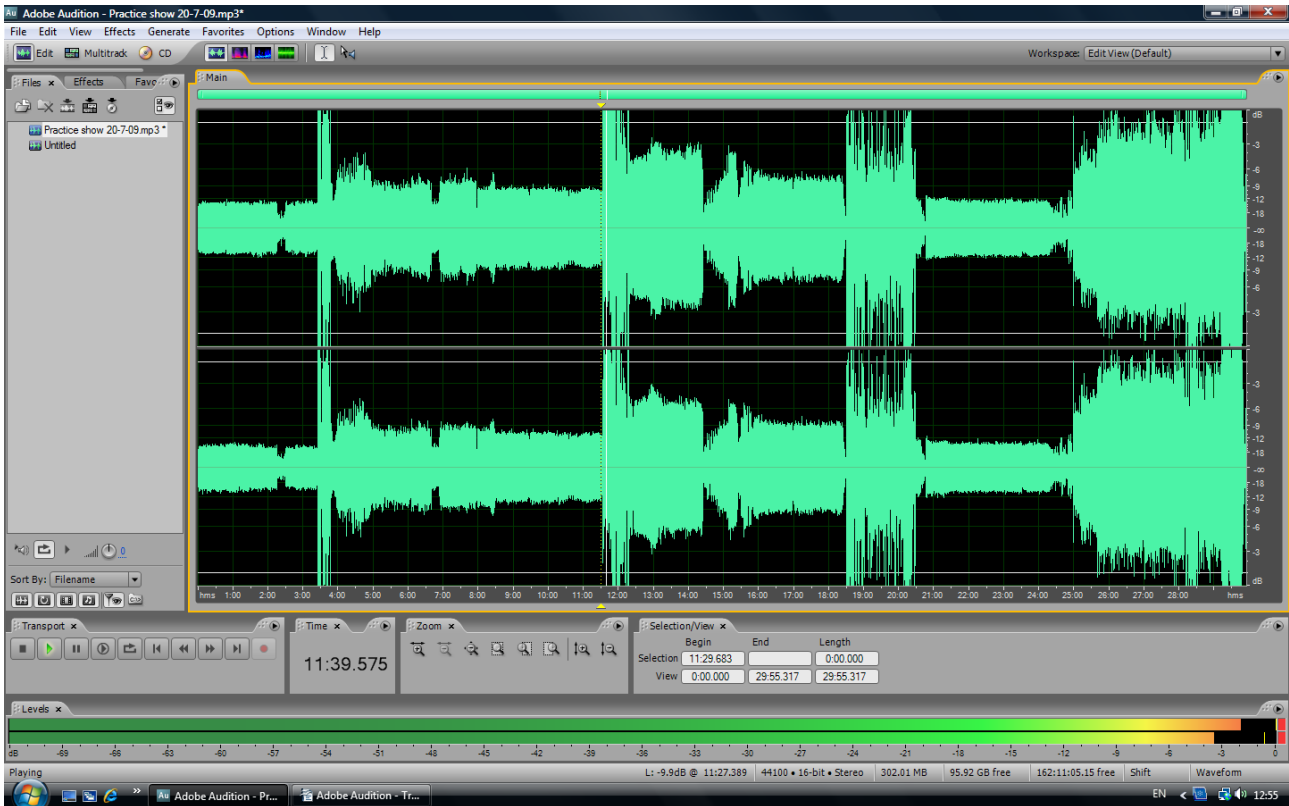
- To save your file, click on 'file', and choose 'save as', this will bring up a directory. **Be careful to save your file in the right place. See the guidelines on saving your files correctly on the training resources page on [www.claremorriscommunityradio.ie](http://www.claremorriscommunityradio.ie).**
- To edit the files you have recorded, see the '**Editing with Adobe Audition**' tutorial on the website.

### N.B. - Watching Your Levels

Make sure to keep an eye on your levels while you are recording. You can do this by keeping an eye on the waveforms (the green lines) and seeing that they stay within the while lines on the top and the bottom of each channel. You should also keep an eye on the '**levels**' bar at the bottom and try to keep the sound level so that it peaks somewhere around the **-6 db or -3 db** mark. See below for an idea of what a recording should look like when done properly.



Here, we can see how the levels throughout the recording look pretty similar and there is no great deviation in the levels. Compare this to the recording below and you can see the difference.



Here, there is an inconsistency in the levels of the recording – some parts are too high and some are too low. The high parts are peaking at the '0db' mark and turning red. You may not notice while you are recording, but when you pay it back the sound will be distorted.