



**PROJECT TITLE: The Graphics e-Toolkit.com.
An Introduction to Photoshop Skill training.**



GOAL: SELF PORTRAIT IMAGE EDITING.

The students will create and edit an image of themselves for use for professional purposes like portfolio websites and professional social sites. They will take their own picture, and open in Photoshop, change the lighting of the image, edit the background and make it black and white, and save it in a new folder.

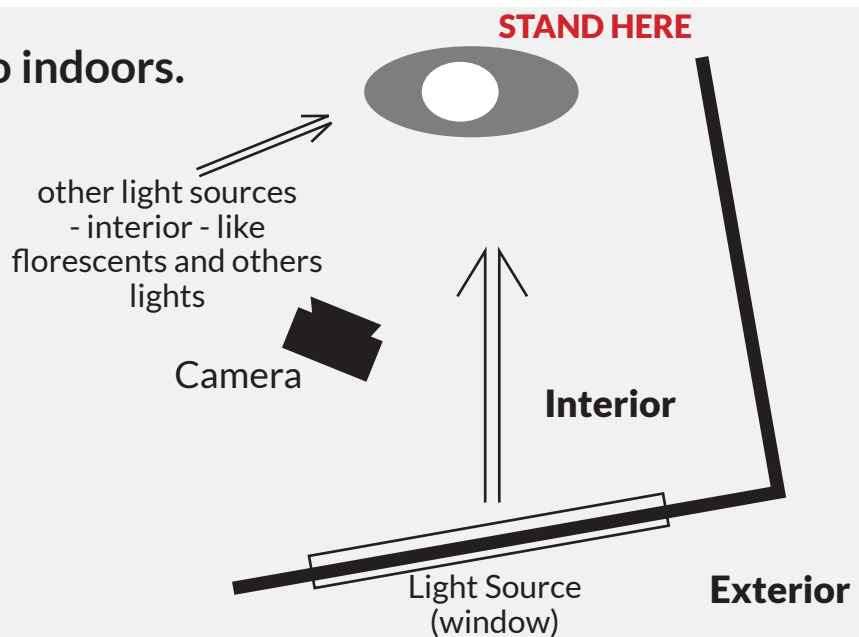
Step 1.0 : Taking the Pictures

- 1.1 . Make sure you have a place you can take the photo with a white background
- 1.2. Set the image size to at least 1080 pixels - to take a high-resolution image
- 1.3. Take with the help of someone else at least two images of yourself from the shoulders and centered in the frame
- 1.4. Do you need to take the photos again?
 - 1.4.1 Start this process again if the images are not favorable.
 - 1.4.2 If satisfied move to the next stage, save it on the desktop

Tips to taking a good photo indoors.

Look at the top view of the diagram.

If you are taking a picture inside a building, face a door or window, this is a good source of light

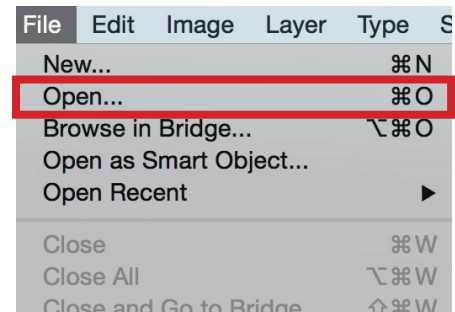


Step 2.0 : Open image in Photoshop



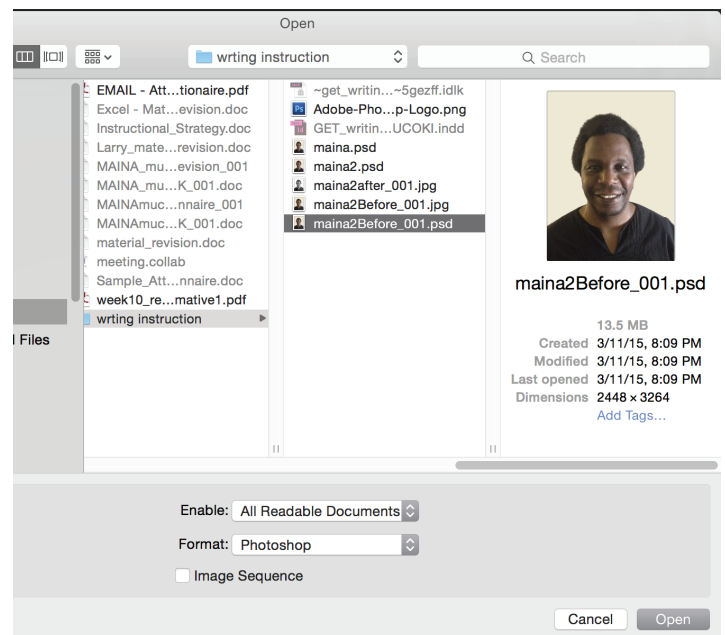
2.1 Open the the Adobe Photoshop application.

2.1 **OPEN** the the Adobe Photoshop application.



2.2 Go to **FILE>OPEN** and **LOCATE** the images you have photographed.

2.3 Compare two of the best photos you have taken and chose the better one.

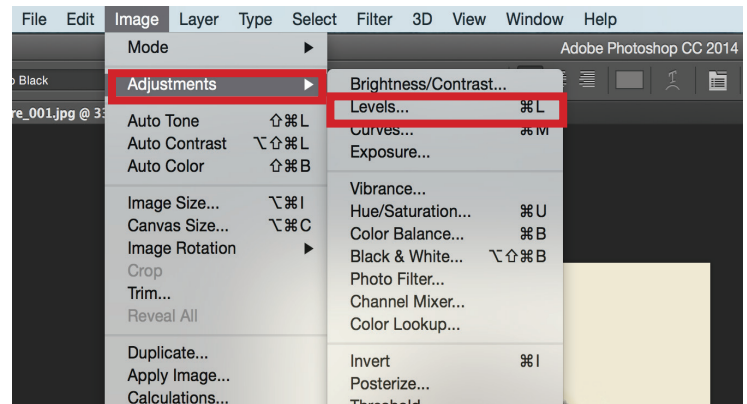


TIPs to chosing the better photo:

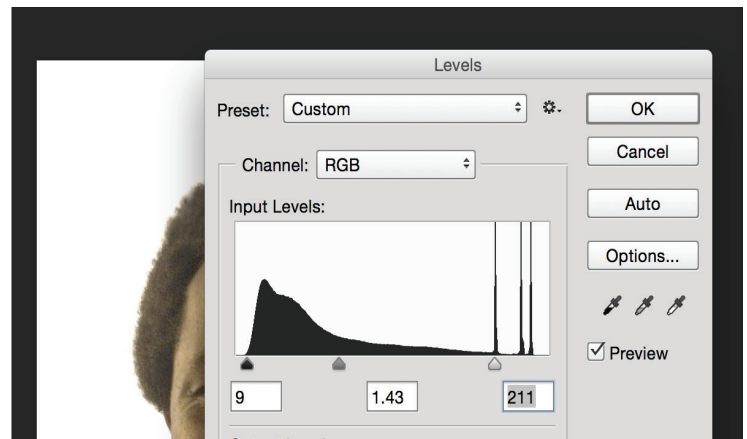
- change the focus is good
- check the lighting is good, not too dark and not too light

Step 3.0 : Edit the lighting levels of the photo

3.1 Go to **IMAGE>ADJUSTMENTS>LEVELS**



3.2 In the channels with RGB colors selected, move the right arrow left to an appropriate level click **OK**



3.3 Did you manage to lighten the image properly? if not, **FILE>EDIT UNDO** and repeat the process again.

TIPs to using LEVELS make sure that:

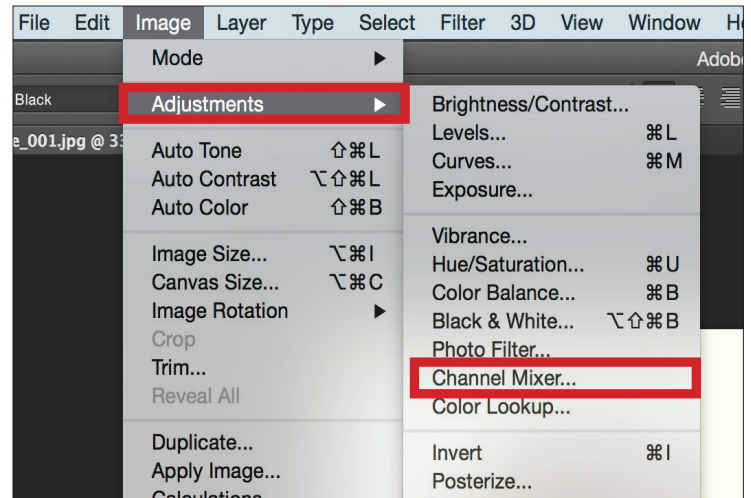
- Dont make the image to light - making some areas washed out.
- The arrows on the right and left can also be tweaked to get a better balanced effect.

What are LEVELS?

Levels is a tool in Photoshop and other image editing programs which can move and stretch the brightness levels of an image histogram. It has the power to adjust brightness, contrast, and tonal range by specifying the location of complete black, complete white, and midtones in a histogram.

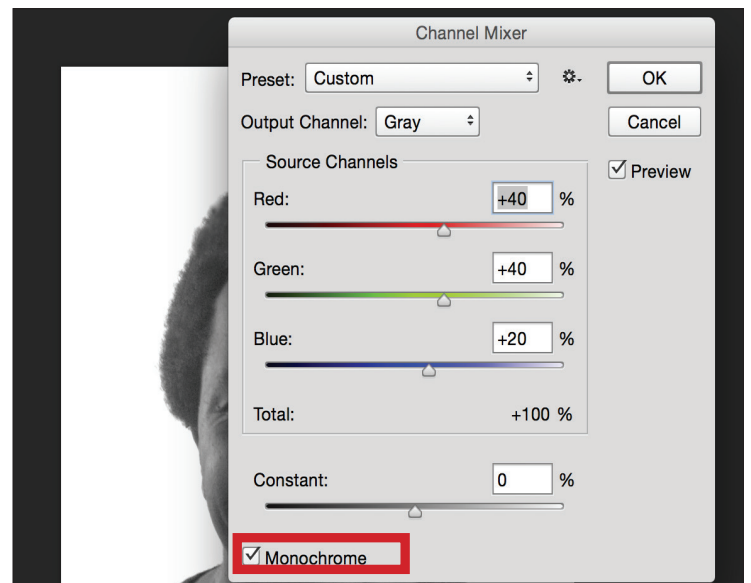
Step 4.0 : Make the Image Black & White

4.1 Go to **IMAGE>ADJUSTMENTS> CHANNEL MIXER**



4.2 Click on the **MONOCHROME** button and click ok

NOTE: Using the channel mixer is the best way to make an image black and white because it keeps the RGB channels. If you use gray scale under the IMAGE on the menu it removes the RGB channels and the images loses its dynamic range.

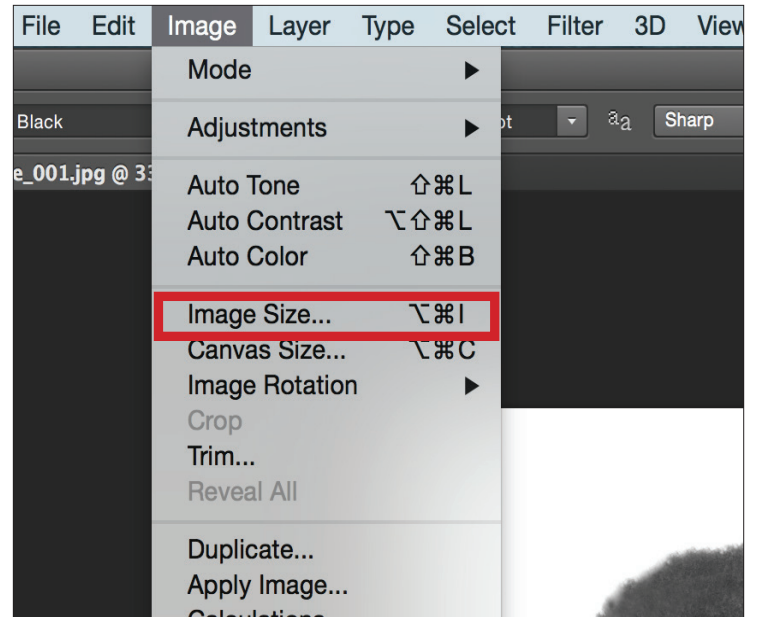


What is the Channel Mixer?:

The Channel Mixer in Photoshop actually does what its name implies – it mixes color channels. This feature lets you repair bad channels and produce grayscale images from color images. It also allows you to create tinted images and more intense special effects. Finally, it allows you to do the more mundane tasks of swapping or duplicating channels.

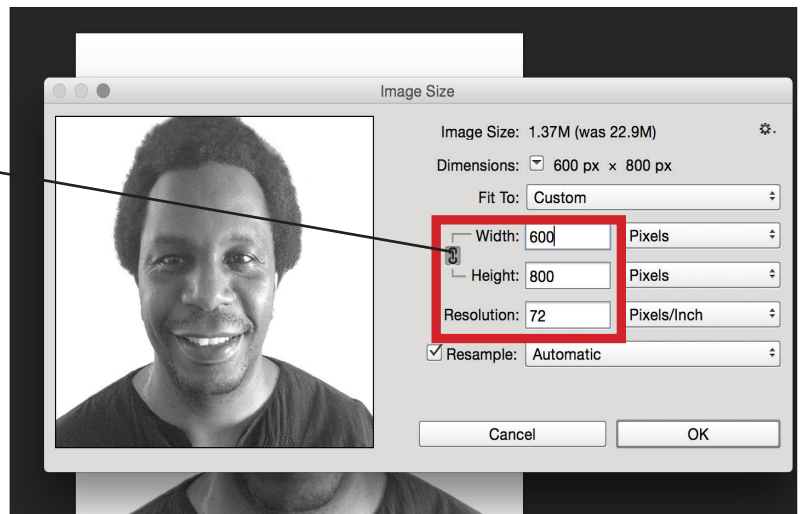
Step 5.0 : Resize the image

5.1 Go to **IMAGE>IMAGE SIZE**.



5.2 With constrained aspect ratio, change the size to at least **600 width** by **800 height** and click **OK**.

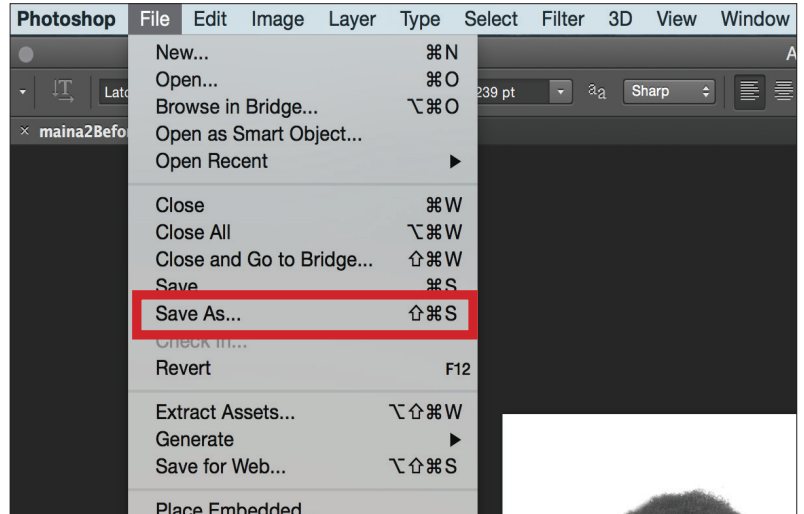
Constrained ON



Step 6.0 : Save and Close the Image, and QUIT photoshop

6.1 Go to **SAVE AS** and Create a new folder called > BlackWhiteLASTNAME > as the the place where you will save the file.

We will be saving two files one as a .JPG and the other as a photoshop file with the extension .psd



6.2 Name your files as your **LASTNAME1.jpg** and make the quality **LEVEL AS 12 CLICK OK**. Name the photoshop file the same **LASTNAME1.psd**. Quit Photoshop.

GREAT JOB you have successfully completed the task!!

