

ADOBE PHOTOSHOP CS3 TRAINING MENU

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PHOTOSHOP GENERAL

- Setting Preferences
- PS Interface Layout
- Interface Customization
- Using Palettes
- Setting Color Settings
- 16-bit vs 8-bit Depth
- RGB Workspaces
- CMYK Workspaces
- ICC Profiles Explained
- RGB vs CMYK
- Gamut Warning Explained
- Color Channels
- Choice of File Formats
- Saving Options
- Compression Types
- Navigation
- Ways of Undoing
- Time Travel with History
- Snapshots as a Safety Net
- Auto-Snapshots
- Straighten Images Easily
- Crop Controls
- Crop to Ratio
- Using Tool Presets
- Understanding Interpolation
- The Image Size Dialog
- Changing Image Size
- Controlling Print Size
- Controlling File Size
- The Local Tools Palette
- Essential Keyboard Shortcuts
- Efficient Cleaning Techniques
- Customizing Shortcuts
- Preparing Images for Web
- Export to Zoomify
- Sharpening Methods Overview
- Unsharp Mask
- Smart sharpen
- High Pass Sharpen
- Using Smart Filters
- Output Options
- Printing ink jets in Different PS Versions
- Other Printing
- Photoshop Efficiency Tips

SELECTIONS AND MASKS

- What to Use Selections For
- Simple Selections Using Tools
- Using Keys to Modify Selections
- Using Select>Color Range
- Feathering Selections
- Expand/Contract

- Modifying Selections In Quick Mask
- Changing the Quick Mask Color
- Use Refine Edge
- Inverting Selections
- Saving Selections
- Loading Selections
- Understanding Channels
- The Essence of a Mask
- Luminance Masks
- Making Masks from Scratch
- Using the Batch Tools in Masks
- Gradients with Masks
- Inverting Masks
- Quick-Loading Selection From Masks
- Selections with Type Tool
- Transforming Selections

PEN TOOL AND PATHS

- How Vectors Work
- Mastering The Pen Tool
- Open or Joined Paths
- Editing a Path
- Path to Selection
- Stroking a Path

LAYERS

- Understanding the Stacking Order
- Full Layer Editability
- Background
- Image Layers
- Transparent Layers
- Adjustment Layers
- Duplicating Layers
- Selecting Layers
- Moving Layers
- Reordering Layers
- Layer Visibility
- Using Layer Masks
- Using Clipping Groups
- Controlling the Opacity
- Using Neutral Layers
- Bending Modes
- Layer Management
- Clipping Layers
- Locking Layers
- Transforming Layers
- Warping Layers
- Layer Effects
- Text Layers (vectors)
- Working with Smart Objects
- Understanding Rasterization

CUTOUTS AND COMPOSITING

- Channel-based Cutouts
- Hard-Edged Cutouts
- Drop Shadow
- Other Shadows
- Edge Feathering
- Copying and Pasting
- Layer Order
- Layer Masks to Hide and Reveal
- Applying Layer Masks
- Quick Compositing
- Quick Transformations
- Controlling Transforms
- Layer Interaction
- Merging Single Layers
- Stamp Visible
- Moving with Keyboard Keys
- Auto Selecting Layers
- Resolving Layer Conflicts
- Matching Color and Texture
- Aligning Layers
- Using Vertus Fluid Mask for Cutouts
- Using Smart Objects
- Limitations of Smart Objects
- Using Vanishing Point

BEAUTY RETOUCHING

- Layer Management
- Stamp Tool Tips
- Cloning Options
- Clean and Heal Differences
- Patch Tool
- Clone & Heal in Vanishing Point
- When to Use Which Tool
- Brush Tool Options
- Controlling Brushes
- Making and Modifying Brushes
- Avoiding Over-retouching
- Making Skin Textures
- Dodging & Burning
- The Gradient tool
- Gradient Options
- Creating new Gradients
- Tools That Are Bad!
- Judging Colours of Skin
- Quick Fixes for Hot Faces
- Grafting Techniques
- Pores Reduction
- Lines Reduction
- Reducing or Removing Eye Bags
- Reducing Red Blotches
- Skin Sculpting
- Faking a Tan
- Reducing Arm and Leg Hairs
- Digital Powder
- Airbrushing
- Balancing Symmetry
- Reshaping Features
- Enlarging Eyes

- Brightening Eyes
- Shaping Eyebrows
- Thicken and Elongate Lashes
- Refining the Teeth
- Enhancing the Natural Lip Contour
- Hair: Lighten Roots
- Changing Hair Colors
- Hair Retouching
- Changing Clothes Colors
- Transforming a Silhouette
- Avoid Using the Liquify
- Stealth Retouching
- Sharpening for Skin

GENERAL RETOUCHING

- Building an Element Almost from Scratch
- Grafting Elements
- Careful Use of Gradients
- Adding Noise on the Neutral Layer
- Borrowing from Other Images
- Replacing Skies
- Making Patterns
- Using Patterns to Fill
- Removing Flare
- Blurring Techniques
- Depth-of-Field
- Avoiding Banding
- Sharpening for Shape

COLOR OPTIMIZATION

- Critical Exposure
- The Adobe Camera Raw Interface
- Using the Adobe Camera Raw
- Clarity
- Sharpening Controls
- Processing Multiple Raw Files
- Choice of ICC Profiles
- Reducing Noise
- Levels
- Reading Histograms
- Curves
- Working with the Curves Dialog CS4
- Knowing What to Target in Curves
- Hue Saturation
- Selective Color
- Channel Mixer
- The Other Color Adjustments
- Making Color from Scratch
- Reading the Info Palette
- Using Adjustment Layers
- The Adjustment Workflow
- Controlled Optimization
- Controlling Contrast and Saturation Separately
- Using the Grey Eyedropper
- Correcting Non-Neutrals
- High Key Images
- Low Key Images
- Dealing with severe Over-exposure

Dealing with severe Under-exposure
Soft Light Blending Mode for Contrast
Local Color Adjustments
Using the Gradient with Masks
Gradient Combined with Other Masking
Advanced Color Correction in Curves
Replacement of Color
Color Matching
Driving one Colour Against Another
Assigning False Profiles
Black & White Appearance in the RGB
Black & White Command
Digital Lith Effect
Cool/Warm Split Toning
Sepia Effects
Selenium Effect
Minimum Dot for Printing

PHOTOSHOP COLOR MANAGEMENT AND PRINTING

Colour Models and Modes
CIE Lab Mode
RGB Mode
CMYK Mode
Preserving Color Fidelity
The CM Workflow
Profiling and Calibration of Devices
Camera Profiles
Screen Calibration
Getting Bespoke Print Profiles
Profiles Testing
Profile Limitations
Color Management Terminology
Color Settings and Working Spaces
Device-Independent Profiles
Assigning a Color Balance
Color Numbers on Their Interpretation
Gray Balance and Comment
Generous Comments
RGB-CMYK Conversion
Data Loss, Tipping, WYSIWYG
Setting Color Settings
Use and Abuse of ICC Profiles
Profiles and Working Space
Gamut Compression
Assigning vs Converting
Profile Mismatch
CM Policies
Rendering Intent
CMYK Conversion – What Does It Entail?
Custom CMYK
Back Generation
Responsible Color Adjustment
Capture Assessment
Proofing
Soft Proofing
Custom Proof Setup
RGB to RGB Proofing
Hard-Proofing

The Advantage of RIPs
Using the Gamut Warning
Communication on Delivery of Files
Aim-prints and Contract Proofs
ReadMe
Gen. Guidelines for Submission of Stock
Inkjet Colours
DPI In Relation to PPI And LPI
Printing with Inkjets
Metamerism
Various Other Types of Printing
Paper and Perception
Printing Terminology
Paper Qualities
File Formats: TIFF, PSD, PSB, JPEG, PHOTOSHOP PDF, INDD,
AI, DCS 2.0, PHOTOSHOP EPS, GIF, PNG, DNG, and RAW

There's probably more to it than this, but the list should point you in the right direction. Although Photoshop is my main application, I'm not entirely unfamiliar with InDesign and Dreamweaver. I am Mac-centric, and this is why the consultation service is limited to Mac uses only. However I'm happy to teach virtual PC uses. See the on-site bespoke training pages.