Introduction to Adobe After Effects CC ACA Test Prep

You don't know how excited we are to introduce you to Adobe After Effects CC. As someone that has been editing digital video for over 20 years, this application is like playing with magic. Having a basic understanding of After Effects is now an essential part of any video editors resume. This course is designed to give you a solid foundation so that you can easily use all the great tutorials on Video Copilot, Youtube or Lynda.com to add a little special FX or motion graphics to your next film or video project.

We placed the review at the end of the course so it will be the last thing you do before taking the exam but I wanted to encourage you to explore it anytime that makes sense to you.

We have uploaded all the <u>example files to Google Drive</u>. Please download the files and distribute them to your students.

Pacing Guide

Title	Estimated Class Time	Individual Activities
Project 1: Basic Transformations	5 hours	Blinker – Opacity
		Quote – Scale
		Mt. Outfitters – Rotation
		Mt. Baker – Position
		Credits – Anchor Point
Project 2: Effects and Expressions	3 hours	Travel Map
Project 3: Working with 3D	2 – 4 hours	3D Text
*You may need to change this from hands-on		3D Logo
to watch only if your computers struggle		2.5D Photograph
Project 4: Tracking and Time Remapping	5 hours	Stabilization
		Motion Tracking
		Time Remapping
Project 5: Working with Transparency	5 hours	Blend Modes
		Stencils and Track Mattes
		Keylight (green screen)
		Masking
Project 6: Working with Audio	2 hours	Audio Spectrum
		Speaker
Project 7: Puppet Tool	2 hours	Animated Mascot
Review	3 hours	Tools
		Panels & Buttons
		Animation Principles

*Building in additional time for the challenge projects and a personal project at the end will easily fill in the 90 hours for a one semester course. **The review project is at the end but feel free to use any of the lessons when you need them!

Challenge Projects:

This is your students chance to be creative and practice the techniques, shortcuts and work flow. Encourage them to use their own images and try combining techniques from each of the lessons. These projects will be the videos that they can add to their <u>portfolio/Demo Reel</u> because they will be unique and persona.

If you have the time at the end of the semester, build in at least one project that students plan and execute by themselves. It would be especially cool if this could be for a client!

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Study Tools:

The primary purpose of this course is to prepare for the After Effects ACA exam so make sure to use the following study guides to ensure students have mastered the key concepts covered on the exam.

Quizzes: We encourage you to have students start by taking the quiz before you do any of the lessons. Once you have finished the project take the quiz again and reviewing your areas of weakness until you can earn 100%.

<u>Quizlets</u>: These tools are great as study tools when students have a little time before class starts, at the end of class or sitting on the bus. They can use them with a friend or by themselves.

<u>Kahoot Games</u>: These are fun tools to get the whole class involved in studying. If you notice that a bunch of people are getting a specific question wrong, then focus on that area. In fact, we would be interested in knowing if there is an area that needs clearer instruction or more exercise. <u>Contact Us</u>

Scoring Guide

Title	Individual Activities	Points
Project 1: Basic Transformations	Blinker – Opacity	10 pts
50 pts total	Quote – Scale	10 pts
	Mt. Outfitters – Rotation	10 pts
	Mt. Baker – Position	10 pts
	Credits – Anchor Point	10 pts
Project 2: Effects and Expressions	Travel Map	30 pts
30 pts total		
Project 3: Working with 3D	3D Text	10 pts
0-30 pts total	3D Logo	20 pts
*This project might not work on your		
computers! View Only		
Project 4: Tracking and Time Remapping	Stabilization	N/A
35 pts total	Motion Tracking	15 pts
	Time Remapping	20 pts
Project 5: Working with Transparency	Blend Modes	5 pts
35 pts total	Keylight (green screen)	10 pts
	Masking	20 pts
Project 6: Working with Audio	Audio Spectrum	5 pts
10 pts total	Speaker	5 pts
Project 7: Puppet Tool	Animated Mascot	10 pts
10 pts total		
Project 8: Review	Tools	N/A
	Panels	N/A
	Animation Principles	Optional – note taking
200-230 pts grand total		

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Project 1 Scenario: Five Second Commercials

In this unit, students will complete several small projects that are designed to introduce them to the basic After Effects interface, keyframing transformation properties and the motion graphics work flow. Each project will be a 3-5 second commercial for a client to be used on their social media channel.

Project Goal:

Students will learn the basics of how to set up After Effects and the basic animation work flow.

Project Timeline:

5 hours *If you are tight for time you can complete this in as little as 4-5 hours. However, we encourage you to have your students create at least one challenge per project! That would stretch this out to 10 hours or approximately two weeks.

Media

Brainbuffet-logo.png, ford.jpg, landscape.jpg, MtBaker.jpg, logo_mtout.ai, sticky-notes.jpg *.png files have transparency, .ai files are layered Illustrator files.

ACA Objectives

- 1.1 Identify the purpose, audience, and audience needs for preparing video.
- 1.3 Determine the type of copyright, permissions, and licensing required to use specific content.
- 1.4 Demonstrate an understanding of key terminology related to digital video.
- 2.1 Create a new project with appropriate settings for video.
- 2.2 Navigate, organize, and customize the application workspace.
- 2.3 Use non-visible design tools in the interface to aid in video workflow.
- 2.4 Import assets into a project.
- 3.1 Use timeline panel to manage layers.
- 3.2 Modify layer visibility using opacity, blending modes, and masks.
- 4.1 Use core tools and features to create compositions.
- 4.2 Create shapes using a variety of tools
- 4.2 Add and manipulate titles using appropriate typographic settings
- 4.3 Trim footage for use in compositions.
- 4.4 Transform digital media within a project.
- 4.5 Use basic reconstruction and editing techniques to manipulate digital audio and video.
- 4.6 Add and modify effects and transitions.
- 4.7 Create and modify keyframes for motion graphics.
- 5.1 Prepare project for publishing to web, screen, and other digital devices.
- 5.2 Export digital video to various file formats.

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Lesson Descriptions:

■ Lass Sources (L1 < 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -	Activity 0: After Effect Tour
n	In this project, you will take a quick tour of the After Effects interface and get all
	the media for this unit organized into bins.
	Lessons:
North Control (Control (Contro) (Control (Contro) (Contro) (Control (Contro) (Contro	Introduction to After Effects
	File management
	Copyright
Length: 1 hour	Interface Overview
	 Import and organize media (layered file options – psd/ai)
	Project nanel/Bins/Organization
	Project puncy bing organization
	Compositions dimensions durations background
	• Compositions – annensions, darations, background
	Activity 1. Blinker (Onesity)
	Activity 1: Billiker (Opacity)
	In this project, you will be introduced to now to set keyframes using the opacity
	Can Weak "using text, and an animated share layer
	Car wash "using text, and an animated shape layer.
for the former	Lessons:
	Identify the purpose, communicate with clients, project management
Length: 2 hours	Composition Setup
1 – Blinker project	Working with Shape Layers
1 – Challenge project	Opacity Keyframes
	Reflection – pre-composing layers
	Working with Text
	 Animating Text – working with presets
	Exporting (render queue and Media Encoder)
	Challenge Project:
	Find a photograph of an emergency vehicle to animate the flashing lights. Time to
	pull out your old matchbox cars or Lego vehicles!
The Birthplace	Activity 2: Quote (Scale)
af	In this project, you will continue to strengthen your keyframing and learn about
or	the scale transformation property by animating a quote.
Awesome	Lessons:
	 Communicate with colleagues and clients about project plans.
	Composition Setup
W	Working with text, alignment guides and grids
Length: 2 hours	Scale transformation and motion blur
1 – Quote project	Working with the graph editor
1 – Challenge project	Exporting – Render Queue
	Challenge Project:
	Find a short quote or goal statement to animate. Make sure to practice moving
	the anchor point and putting a little bounce in your scale.
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and the second	Activity 3: Mountain Outfitters (Rotation)
	In this project, you will learn about the rotation transformation property and
Mountain	introduced to parenting your animations.
Outfitters	Lessons:
	 Composition Setup, placing and resizing media (Transform/fit width)
Son Contractor	Converting vectors to shape layers
	Rotation transformations and motion blur
Length: 2 hours	Parenting animations
1 – Mountain Outfitters project	Exporting – Media Encoder
1 – Challenge project	Challenge Project:
	Take a photograph of your favorite club, sport or class to use as the background
	for this challenge project. Then animate some text or a logo onto the background
	using rotation and at least one other transformation property.
	Activity 4: Mit Baker (Position)
Mt Baker	In this project, you will learn about the position transformation property and
Washington	Introduced to track mattes.
- Anna -	• Composition Setup, placing and recizing modia (Transform/fit width)
	Typography and Guides
	Desition transformation crocial internalation
Length: 2 hours	Mt Baker Position animation
1 – Mountain Outlitters project	Track matte
I – Chanelige project	
	Exporting – Adobe dynamic link Challenge Project:
	Take a selfie or use a great photograph of yourself as the background. Then
	animate your name onto the project using a track matte and position keyframes.
	Activity 5: Sticky Notes Credits (Anchor Point)
Deckery	In this project, you will learn about animating the anchor point instead of position
	transformation properties for certain animations.
Edited by Jeweil	Lessons:
Deckry	Storyboarding
	Composition Setup, placing media
	 Creating and saving a new workspace
Longth: 2 hours	 Working with text and pre-composing
1 – Mountain Outfitters project	Scale and anchor animation
1 - Challenge project	 Adjusting the motion path and easing
	Using preset animations
	 Exporting – combine all commercials into one
	Challenge Project:
	Find or take a photograph of a large group of objects, people or other things. This
	really helps if you start with a high-resolution image. Then zoom in/out of several
	locations using the anchor point and scale.

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Project 2 Scenario: Travel Map

In this unit, students will create a short-animated travel map just like the scenes from my favorite film, Raiders of the Lost Ark. They will learn how to use the pen tool to create a path and then stroke the path. This unit will introduce them to animating effects and using expression controls to change multiple elements at once.

Project Goal:

Students will learn the basics of how to animate effects and use expressions.

Project Timeline:

5 hours

Media

airliner.png, travel map.jpg, car.png, bus.png. map-storyboard.jpg (print this to draw your path and labels)

ACA Objectives

- 1.1 Identify the purpose, audience, and audience needs for preparing video.
- 1.2 Communicate with colleagues and clients about project plans
- 1.3 Determine the type of copyright, permissions, and licensing required to use specific content.
- 1.4 Demonstrate an understanding of key terminology related to digital video.
- 1.5 Demonstrate knowledge of basic motion graphics principles and best practices in the video industry.
- 2.1 Create a new project with appropriate settings for video.
- 2.2 Navigate, organize, and customize the application workspace.
- 2.4 Import assets into a project.
- 3.1 Use timeline panel to manage layers.
- 3.2 Modify layer visibility using opacity, blending modes, and masks.
- 4.1 Use core tools and features to create compositions.
- 4.2 Add and manipulate titles using appropriate typographic settings
- 4.4 Transform digital media within a project.
- 4.6 Add and modify effects and transitions.
- 4.7 Create and modify keyframes for motion graphics.
- 5.1 Prepare project for publishing to web, screen, and other digital devices.
- 5.2 Export digital video to various file formats.

Lesson Descriptions:



Challenge Project Ideas:

This is your chance to be creative and practice the techniques, shortcuts and work flow. Use your own images and try combining techniques for each of the lessons. This projects will be the videos that you can add to your portfolio because they will be unique and personal so let unleash your creative beast!

Option 1: Use your school map to create an animated clip that illustrates the emergency exit routes. You could also twist this into designing parking routes or bus flows. I bet your old elementary school would love one! <u>Example</u> **Option 2:** Design a treasure map and then animate at least 4 steps.

*Remember, these challenge projects will help you build a portfolio and examples for real clients always stand out!

Study Tools:

The primary purpose of this course is to prepare for the After Effects ACA exam so make sure to use the following study guides to ensure you have mastered the key concepts covered on the exam.

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Project 3 Scenario: Working with 3

In this unit, students will explore After Effects 3D capabilities by animating 3D text and converting a 2D logo into a 3D animated logo.

Warning This unit might give older/slower computers some trouble. If it does, I would have your students watch the lessons and just take notes.

Project Goal:

Students will learn the basics of how to work with 3D space in After Effects.

Project Timeline:

2-4 hours

Media

Logo_mtflat.ai, MtBaker.jpg

ACA Objectives

- 1.1 Identify the purpose, audience, and audience needs for preparing video.
- 1.4 Demonstrate an understanding of key terminology related to digital video.
- 1.5 Demonstrate knowledge of basic motion graphics principles and best practices in the video industry.
- 2.1 Create a new project with appropriate settings for video.
- 2.2 Navigate, organize, and customize the application workspace.
- 2.3 Use non-visible design tools in the interface to aid in video workflow.
- 2.4 Import assets into a project.
- 3.1 Use timeline panel to manage layers.
- 4.1 Use core tools and features to create compositions.
- 4.2 Add and manipulate titles using appropriate typographic settings
- 4.4 Transform digital media within a project.
- 4.5 Use basic reconstruction and editing techniques to manipulate digital audio and video.
- 4.6 Add and modify effects and transitions.
- 4.7 Create and modify keyframes for motion graphics.
- 5.1 Prepare project for publishing to web, screen, and other digital devices.
- 5.2 Export digital video to various file formats.

Lesson Descriptions:

Activity 1: 3D Text In this project, you will be introduced to basic concepts of working with 3D layers. You will extrude some 3D text, add a couple lights and then animate the text YOUPNE along the Y axis. Lessons: • **Project and Composition Setup** Working with 3D Layers • Length: 2 hours **Lighting Basics** 1 – Your Name Animating along the y-axis 1 – School Broadcast $\Theta \odot \odot \odot$ ACATESTPREP.COM AFTER EFFECTS CC 17 CC LICENSE BY-NC-SA

	Challenge Project:
	Create an animated 3D title for a film, your school broadcast or other project.
Length: 2 hours 1 – Mountain Outfitters 1 – Team Mascot	 Activity 2: Converting a 2D Logo to 3D In this project, you will convert the 2D logo we used earlier into a 3D logo and animate each element separately. Lessons: Composition setup Converting vectors to shape layers Lighting the logo Animating in 3D Challenge Project: Find a vector image of your school mascot or favorite pro team. Convert it into a 3D logo and animate it
·	

Study Tools:

The primary purpose of this course is to prepare for the After Effects ACA exam so make sure to use the following study guides to ensure you have mastered the key concepts covered on the exam.

Read More: Cameras, lights and Points of Interest

https://helpx.adobe.com/after-effects/using/cameras-lights-points-interest.html

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Project 4 Scenario: Motion Tracking and Time Remapping

In this unit, students will learn a variety of cool techniques such as motion tracking, time remapping and how to stabilize shaky footage.

Warning This unit might give older/slower computers some trouble.

Project Goal:

Students will learn the basics of how to control the speed of playback, how to track an object so you can animate things to its movement and how to smooth out the shake of hand held shots.

Project Timeline:

5 hours

Media

Helmet.mp4, jump.mp4, straight.mp4, inkdrop.mp4

ACA Objectives

- 1.4 Demonstrate an understanding of key terminology related to digital video.
- 1.5 Demonstrate knowledge of basic motion graphics principles and best practices in the video industry.
- 2.1 Create a new project with appropriate settings for video.
- 2.2 Navigate, organize, and customize the application workspace.
- 2.4 Import assets into a project.
- 3.1 Use timeline panel to manage layers.
- 4.1 Use core tools and features to create compositions.
- 4.3 Trim footage for use in compositions.
- 4.4 Transform digital media within a project.
- 4.5 Use basic reconstruction and editing techniques to manipulate digital audio and video.
- 4.6 Add and modify effects and transitions.
- 4.7 Create and modify keyframes for motion graphics.
- 5.1 Prepare project for publishing to web, screen, and other digital devices.
- 5.2 Export digital video to various file formats.

Lesson Descriptions:

Project 1: Stabilization

In this project, you will be introduced to keying out a green screen background using the Keylight effects. Lessons:

- **Project and Composition Setup**
- Warp Stabilizer •

Length: 15 minutes

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Length: 2 hours	 Project 2: Tracking In this project, you will track the motion of an object and then connect it to a visual element so that it follows the object. Lessons: Composition setup and the motion tracking workspace Working with a null object Motion Tracking basics – tracking points and options Adding visual element and parenting to the null object
Length: 2 hours	 Project 3: Time Remapping In this project, you will learn how to control the speed and direction of your video clips using Time Remapping. Lessons: Controlling speed and freezing the action Reversing speed Exporting

Challenge Project:

Talk with football or soccer team about getting some highlight footage. Use your new time remapping and tracking skills to create a highlight reel for an athlete.

Study Tools:

The primary purpose of this course is to prepare for the After Effects ACA exam so make sure to use the following study guides to ensure you have mastered the key concepts covered on the exam.

Project 5 Scenario: Working with Transparency

In this unit, students will explore working with transparency in After Effects. They will learn how to use blend modes, masks, mattes and the Keylight effect to control the visibility of parts or all of a layer.

Warning This unit might give older/slower computers some trouble.

Project Goal:

Students will learn the basics of how to control the transparency of a layer.

Project Timeline:

5 hours

Media

CU-PowerUp.mp4, CU-side.mp4, full-mask.mp4, powerUp.mp4, laser.jpg,

ACA Objectives

- 1.1 Identify the purpose, audience, and audience needs for preparing video.
- 1.4 Demonstrate an understanding of key terminology related to digital video.
- 1.5 Demonstrate knowledge of basic motion graphics principles and best practices in the video industry.
- 2.1 Create a new project with appropriate settings for video.
- 2.2 Navigate, organize, and customize the application workspace.
- 2.4 Import assets into a project.
- 3.1 Use timeline panel to manage layers.
- 3.2 Modify layer visibility using opacity, blending modes, and masks.
- 4.1 Use core tools and features to create compositions.
- 4.3 Trim footage for use in compositions.
- 4.4 Transform digital media within a project.
- 4.6 Add and modify effects and transitions.
- 4.7 Create and modify keyframes for motion graphics.
- 5.1 Prepare project for publishing to web, screen, and other digital devices.
- 5.2 Export digital video to various file formats.

Lesson Descriptions:

Activity 1: Blend Modes and Mattes

In this project, you will be introduced to using blend modes and mattes to control layer transparency.

Lessons:

- Project and Composition Setup
- Blend Modes
- Mattes and Stencils

Challenge Project:

Try combining a variety of photos, video and text using blend modes and mattes to create a cool moving title for a project.

Length: 1 hour

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Length: 1-3 hours 1 – DJ Key 1 – School Broadcast	Activity 2: Keylight In this project, you will be introduced to keying out a green screen background using the Keylight effects. Lessons: • Composition Setup • Keylight • Shooting tips Challenge Project: Shoot your own green screen footage and practice using Keylight to replace the background.
Length: 1 hours	 Activity 3: Mastering Masks In this project, you will learn how to create and manipulate masks. Lessons: Comp Setup Masking tools and techniques Masking options and editing a mask Animating a mask Challenge Project: Use the blink video clip, but this time replace the entire eye ball with your own video clip or photograph of something interesting.

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Project 6 Scenario: Working with Audio

In this unit, students will learn just a few ways to work with audio in After Effects. First they learn to animate text on a path and then use an audio track to control an effect, Finally, they will convert the audio to keyframes and use an expression to control additional effects.

Project Goal:

Students will learn a few ways to animate to an audio track in After Effects.

Project Timeline:

2 hours

Media

music.mp3, speaker.jpg

ACA Objectives

- 1.4 Demonstrate an understanding of key terminology related to digital video.
- 2.1 Create a new project with appropriate settings for video.
- 4.1 Use core tools and features to create compositions.
- 4.4 Transform digital media within a project.
- 4.6 Add and modify effects and transitions.
- 4.7 Create and modify keyframes for motion graphics.
- 5.2 Export digital video to various file formats.

Lesson Descriptions:

Length: 2 hours

Project 1: Sounds Awesome

In this project, you will connect an effect to an audio track. **Lessons:**

- Animating Text on a path
- Audio spectrum effect
- Converting audio to keyframes
- Using an expression to animate an effect to the audio keyframes
- Using Adobe Media Encoder to add meta data to your exports

Challenge Project:

Create a 10 second intro for your school television broadcast that includes at least one thing that is connected to the music. Try the audio waves effect and make sure to animate a little text on a path.

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Project 7 Scenario: Working with the Puppet Tool

In this unit, you will explore the puppet tool. This can be way too much fun!

*I hope you have the chance to explore the new Character Animator software. It is a free beta software from Adobe that will replace the need for the puppet tool.

Project Goal:

Students will learn the basics of how to setup and animate an image using the puppet tool.

Project Timeline:

2 hours

Media

Background.jpg, cow.png

ACA Objectives

- 1.4 Demonstrate an understanding of key terminology related to digital video.
- 1.5 Demonstrate knowledge of basic motion graphics principles and best practices in the video industry.
- 2.1 Create a new project with appropriate settings for video.
- 2.2 Navigate, organize, and customize the application workspace.
- 2.4 Import assets into a project.
- 3.1 Use timeline panel to manage layers.
- 4.1 Use core tools and features to create compositions.
- 4.3 Trim footage for use in compositions.
- 4.4 Transform digital media within a project.
- 4.6 Add and modify effects and transitions.
- 4.7 Create and modify keyframes for motion graphics.
- 5.1 Prepare project for publishing to web, screen, and other digital devices.
- 5.2 Export digital video to various file formats.

Lesson Descriptions:



Length: 1-2 hours 1 – Cow

1 – School Mascot or selfie

Project 1: Puppet Tool

In this project, you will be introduced to using the puppet tool to animate an image.

Lessons:

- Project and Composition Setup and image prep
- Pin Tool
- Starch Tool
- Overlap Tool
- Animating using the puppet tool

Challenge Project:

Find a photo of your favorite actor or cartoon character and use Photoshop to cut them out. Save the file as a .png file with a transparent background. Then use the puppet tool to animate the image.

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Review

In this unit, we will do a quick review of tools, panels, buttons in After Effects. I will also include a lesson on the principles of animation. Even through this is located at the end of the course, feel free to dive in anytime you want to learn more about a specific thing.

Project Goal:

Students will make sure we have covered all the tools, panels and the basic animation principles.

Project Timeline:

2 hours

Lesson Descriptions:

Length: 1 hour	 Project 1: Interface Review In this series of lessons, you will go over all the basic tools and panels in After Effects Lessons: Panel Review Project Panel details Timeline panel details Comp panel details Tool Review
Length: 1 hours	 Project 2: Animation Principles In this project, you will complete a couple simple exercise that cover a few of the animation principles. Lessons: Animation principles review

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References

Adobe After Effects Keyboard shortcuts:

https://helpx.adobe.com/after-effects/using/keyboard-shortcuts-reference.html

Media:

Pixabay: <u>https://pixabay.com</u> This is a fantastic resource for educators. If you choose to use more than a few images make sure to support them with a donation!

- Ford: <u>https://pixabay.com/en/ford-classic-car-automobile-car-498244/</u>
- Landscape: <u>https://pixabay.com/en/landscape-scenic-whistler-mountain-1744370/</u>
- Map: <u>https://pixabay.com/en/usa-map-united-states-of-america-35713/</u>
- Parchment Paper: <u>https://pixabay.com/en/background-parchment-paper-2116978/</u>
- Car Sprite: <u>https://pixabay.com/en/blank-car-game-game-sprite-racing-1299404/</u>
- Bus: https://pixabay.com/en/bus-transport-travel-vehicle-310766/
- Laser Lights: <u>https://pixabay.com/en/laser-show-laser-show-colorful-288611/</u>
- Sticky Notes: <u>https://pixabay.com/en/sticky-notes-project-management-1455911/</u>
- Speaker: https://pixabay.com/en/music-sound-fun-bass-speaker-546063/
- Airliner: <u>https://pixabay.com/en/airplane-plane-jumbo-boeing-travel-303639/</u>

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The Dockery Family

I would like to thank my daughter Jewell for modeling or filming me when I needed some bit of media.

Inspiration & Learning

Here is a collection of my favorite resources when I want to learn a little more After Effects:

- Video Copilot: <u>http://www.videocopilot.net/</u>
- Lynda: <u>https://www.lynda.com/</u>
- Surfaced Studio: <u>https://www.youtube.com/user/SurfacedStudio</u>
- Film Riot: <u>https://www.youtube.com/user/filmriot</u>
- Adobe Tutorials: <u>https://helpx.adobe.com/after-effects/tutorials.html</u>
- Adobe Education Exchange: <u>https://edex.adobe.com/</u>
- <u>After Effects Apprentice</u> by Trish and Chris Meyer 4th Edition Version CC

Study Tools

Quizlets Kahoot Games Quiz Study Guide	
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