S01

Introduction to Adobe Premiere Pro

CHAPTER ASSIGNMENT

Name _____ Class _____ No. _____ Date _____

> Practical assignment for Adobe Premiere Pro 2026 | Grade 12. Follow every step in Premiere Pro; use the lines to note your settings and file names.

Questions from the Guru Jazzy session page, for classroom use.

Interface, Project Setup & Media Import

Task **Your task:** Set up a new Premiere Pro project with the correct sequence settings, import the sample footage, and organise it into bins.

(1) **Step 1 — Create a new project**

1. Launch Premiere Pro 2026 — choose New Project, not Open Project
2. Name the project: `YourName_Session1_Practice`
3. Set the project location to a dedicated class folder on the desktop

(2) **Step 2 — Sequence settings**

1. Go to File > New > Sequence
2. Choose a preset that matches the sample footage — AVCHD > 1080p > AVCHD 1080p25
3. Frame rate must match the footage, or you'll get black frames or choppy playback
4. Resolution: 1920×1080 (Full HD) is the standard for this course

(3) **Step 3 — Scratch disk and auto-save**

1. Edit > Preferences > Scratch Disks — set to the same class folder (this is where Premiere saves previews and auto-saves)
2. Edit > Preferences > Auto Save — set to every 5 minutes

Common mistakes to avoid: saving the project on the Desktop with no folder structure, a wrong frame rate in the sequence, and not setting the scratch disk (slows the computer down).

(4) **Step 4 — Import media**

1. Method A: File > Import > navigate to the folder
2. Method B: Media Browser panel > locate footage > right-click > Import

(5) **Step 5 — Organise into bins**

1. Right-click in the Project Panel > New Bin
2. Create three bins: "Footage", "Audio", "Graphics"
3. Drag all imported clips into the correct bin

(6) **Step 6 — Preview clips in the Source Monitor**

1. Double-click any clip in the Project Panel to open it in the Source Monitor
2. Play, pause, and scrub through the clip
3. Check clip properties: right-click > Properties (note the frame rate and resolution)

(7) **Step 7 — Drag one clip onto the timeline**

1. Drag a clip from the Project Panel to the V1 track on the timeline
2. Press spacebar to play it in the Program Monitor
3. Zoom in and out on the timeline using the scroll wheel or the + / - keys

End of assignment · Check your answers against the chapter at gurujazzy.com/subjects/video-editing/session-01-introduction-to-premiere-pro/