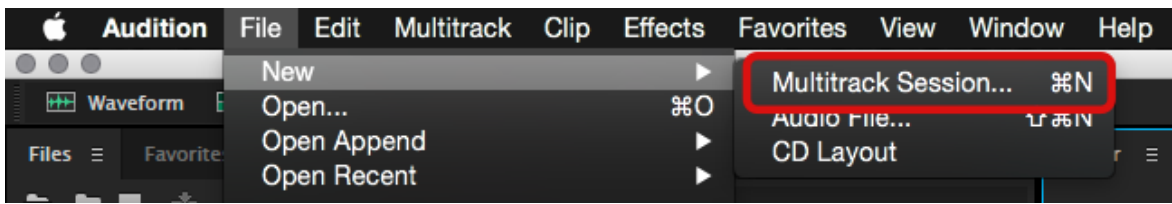


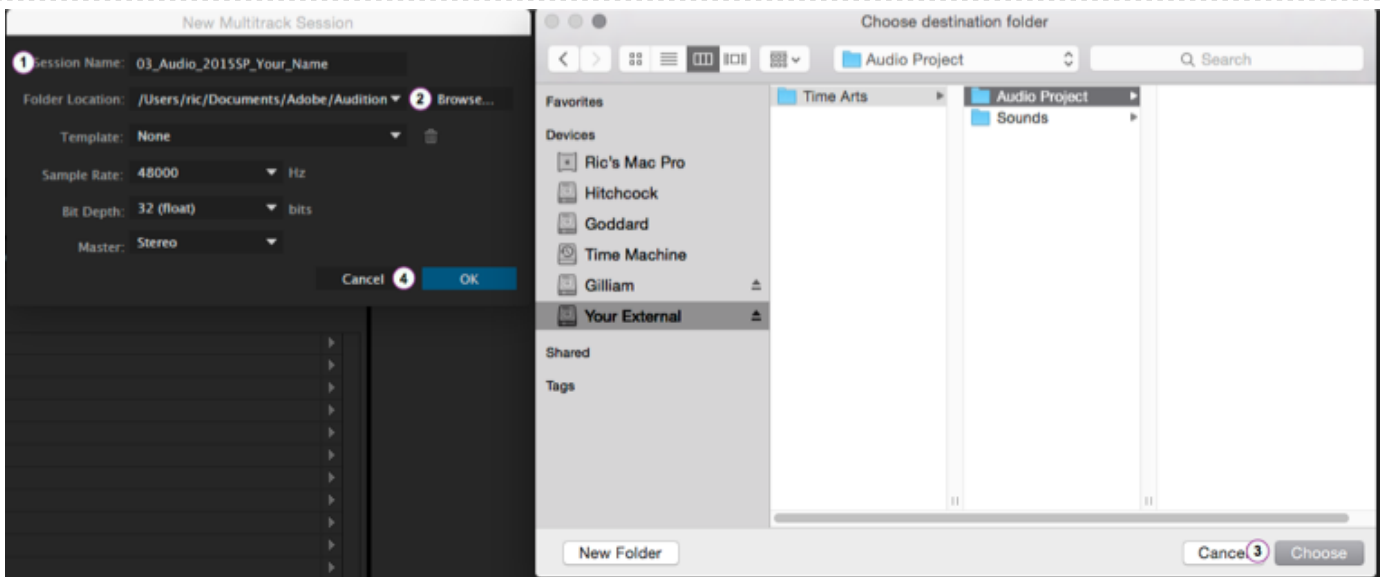
# Introduction to Adobe Audition

- Create a new Multitrack Session by choosing File > New > Multitrack Session...
- Name your project and click on the 'Browse...' button to save your project to your external drive
- Locate your file in the Media browser and drag it to your desired track.
- Your track
- Normalizing a waveform
- Capturing a noise print
- Applying noise reduction part 1
- Applying noise reduction part 2

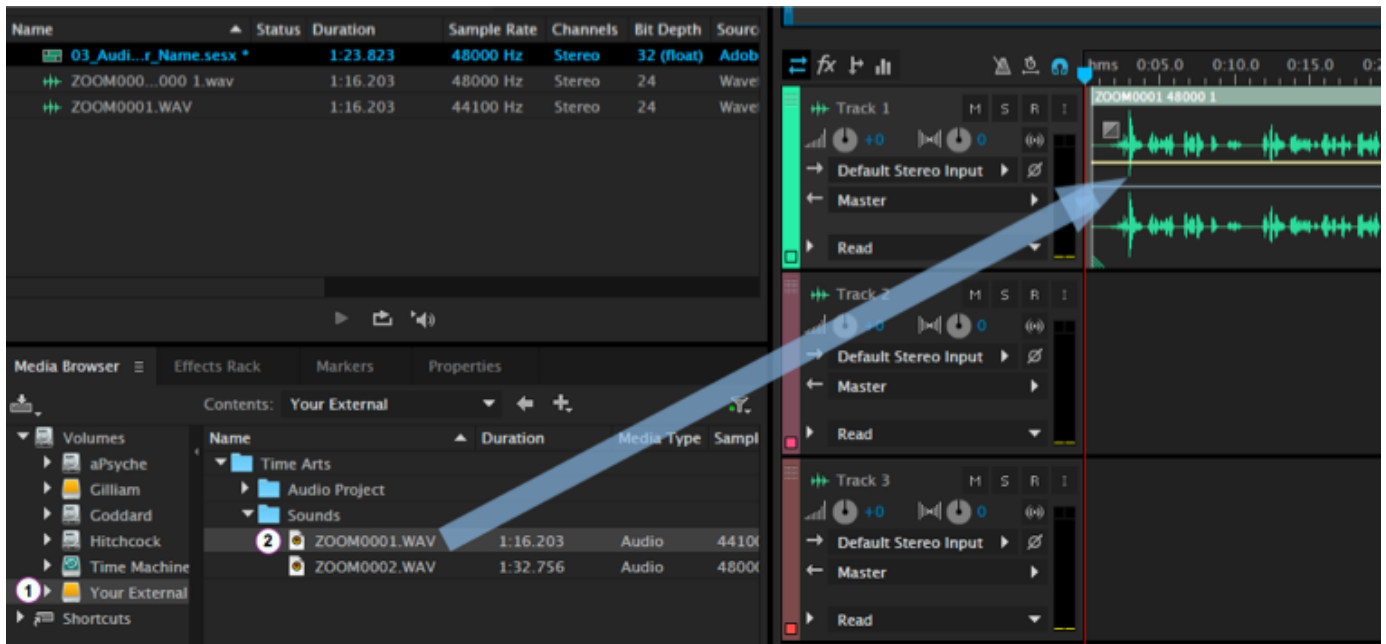
## 1. Create a new Multitrack Session by choosing File > New > Multitrack Session...



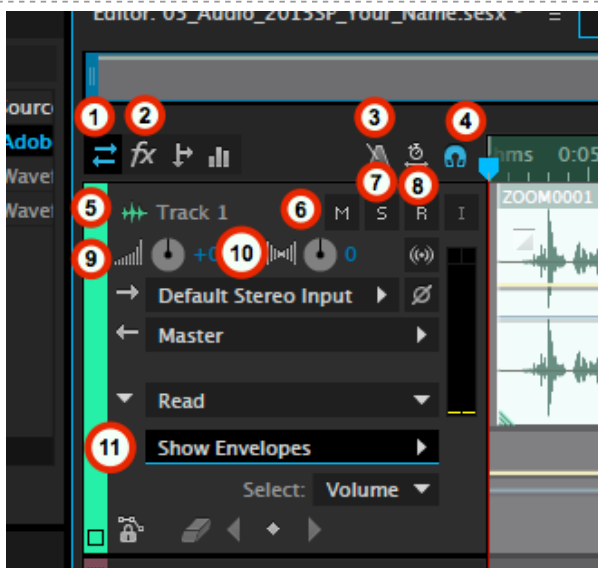
## 2. Name your project and click on the 'Browse...' button to save your project to your external drive



### 3. Locate your file in the Media browser and drag it to your desired track.

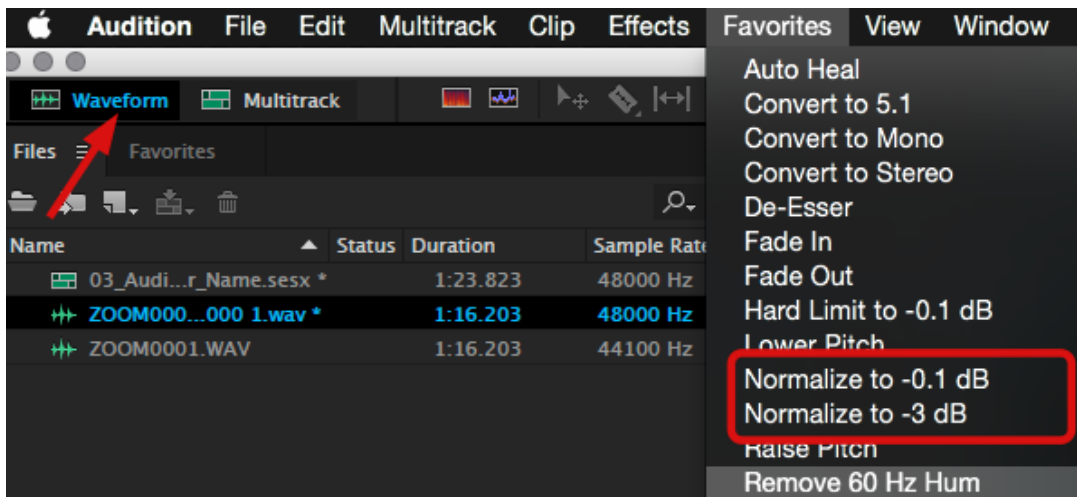


### 4. Your track



1. Toggle to track control.
2. Toggle to effect view.
3. Toggle Metronome or click track on and off.
4. Toggle snapping on and off.
5. Your track name.
6. Mute the selected track.
7. Solo the selected track.
8. Arm the selected track for recording.
9. Increase / decrease current track's volume (level).
10. Pan from left to right.
11. Show envelopes to automate panning.

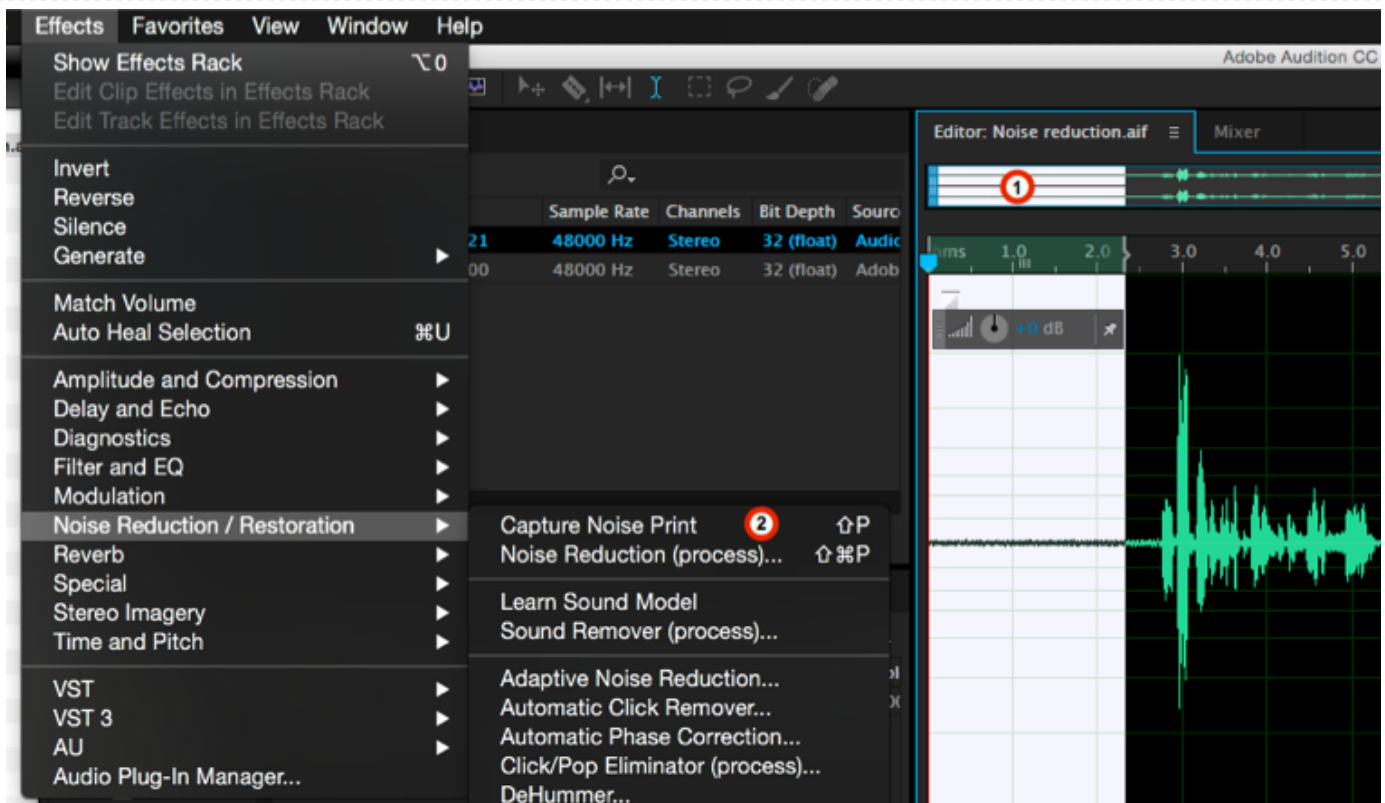
## 5. Normalizing a waveform



Sometimes your waveform may have been recorded with lower levels than you'd want. Normalization finds the loudest sound of your waveform and raises it until it is at either -0.1 dB or -3 dB.

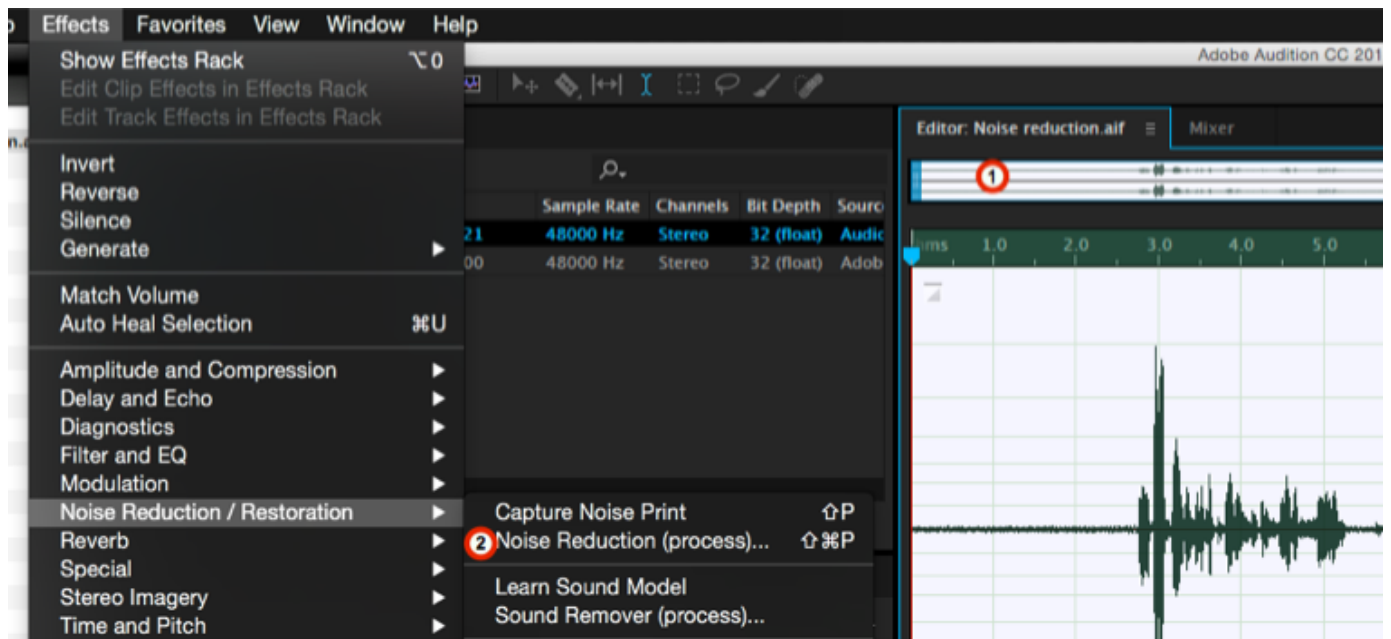
1. Either double click on the waveform you wish to normalize or highlight it and press the 'Waveform' button in the upper left corner.
2. The waveform will now take over the view once used by your multitrack project, highlight the part of the clip you wish to normalize (usually all of it) and go to Favorites > Normalize to -0.1 or -3 dB.
3. Click on the Multitrack button to go back to editing your project.

## 6. Capturing a noise print



1. After you've double clicked on the waveform you wish to edit select a segment of the recording that only has the noise you wish to remove.
2. Go to Effects > Noise Reduction / Restoration > Capture Noise Print

## 7. Applying noise reduction part 1



1. Select the entire clip for which you wish to reduce the sound.
2. Select Effects > Noise Reduction / Restoration > Noise Reduction (process)...

## 8. Applying noise reduction part 2



1. You can turn the effect on and off by using the power button and start playing the track using the play button.
2. Fine tune the effect using the 'Noise Reduction' and 'Reduce by' sliders.
3. Always click the 'Output Noise Only' to check what audio you might be throwing away.

4. When you are happy with your result click to 'Apply' button.