

CREATING INSTRUCTIONAL VIDEOS

This is a guide for those interested in creating training videos for peer supports or peer mentors. The Think College [Video Resource for Peer Supports series](#) is a collection of videos that utilize graphics, text, images, and video footage to create a dynamic and engaging audio-visual learning experience. These videos can be produced by anyone with a computer and some minor recording technology.

Videos in the Peer Supports series were made using a program called *Adobe After Effects*, which is a part of the Adobe Creative Suite.



The program allows the user to put text, images, and graphics (such as shapes and charts) on any type of background that they create. It lets the creator insert small video clips, overlay text and images, and specifically time when certain elements appear on the screen. This gives the video the feel of a dynamic PowerPoint, with a little bit more use of images and animation.

The images, selected text, and animation are overlaid with an audio track, which acts like the spoken portion of the presentation. The visuals that are shown on the screen can be timed to correspond with what is being said in the audio track.

THE VIDEO-MAKING PROCESS

Recording the script

Making a training video starts with writing a script, and then recording oneself reading the script.

It is recommended that you use a Zoom Mic or other microphone to record the script. If an external microphone is unavailable to you, you may also try using the microphone built into a computer, smartphone, or tablet. These microphones are getting better and better at capturing good audio quality.



Editing out white noise



Unless you are in a silent, padded recording room, you are probably going to have white noise in the background of your audio recording. You can edit out white noise in an Adobe program called *Adobe Audition*.

Removing white noise in Adobe Audition is relatively simple. These guides and tutorials linked can walk you through the process.

- <https://helpx.adobe.com/audition/using/noise-reduction-restoration-effects.html>
- <https://www.youtube.com/watch?v=aKEQW7wOA3g>

If you do not have access to Adobe Audition, you can download a free program called Audacity, in which removing white noise works a similar way.

Tutorials on removing white noise in Audacity:

- <https://www.maketecheasier.com/remove-white-noise-audio-audacity/>
- <https://www.youtube.com/watch?v=H-MGPYytbic>

After you edit out your white noise, save your edited audio file.



Assembling the video:

When it comes to putting the video together, there are many options for which program to use. Videos in the Peer Support Series were edited with *Adobe After Effects*. This program gives the creator a lot of flexibility. It allows them to put in many layers of images, text, and graphics, and time them to appear synced with the audio for an animation effect. Each video, image, segment of text, or graphic imported into an Adobe After Effects file creates a separate layer in a timeline format (typically a bar that shows each component that appears in the video from start to end), and the creator can time when each component appears on the timeline. When all content is imported and edited, the whole thing can be exported as a video file.

Gathering image, video, and graphics as source material:

Videos in the Peer Support series were made using resource material from a variety of sources. Videos and images used in the background can be footage that the creator takes themselves, using a Canon PowerShot or an iPhone camera. Smartphones increasingly take videos of sufficient quality. Other images or graphics came from open-source images on the Internet that were free to use commercially or non-commercially, as per usage restrictions

Compiling and editing source material using video editing software:

The Adobe website has great up-to-date tutorials to help new users get started with using After Effects. See the link below:

- <https://helpx.adobe.com/after-effects/tutorials.html>

If you do not have access to After Effects, there are many other alternatives to try for Mac and PC, such as iMovie. Below is a link that lists other free video-editing options to explore:

- <https://filmora.wondershare.com/after-effects/after-effect-alternative.html>

While recording a slideshow using voiceover tools in Keynote or PowerPoint provides simple options for sharing strategies in audio-visual presentation format, using movie-making software such as After Effects, iMovie, or a free alternative can help to create more engaging and dynamic videos.

Using a few tools often available in university computer labs, students supporting other students with intellectual disability can create instructional videos to share strategies and tips with each other.

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