

Trainer's Guide



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A World of Colearners!

Module Name: Adobe After Effects - Using Shape Tool





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Session Flow

After completing this session, participants will be able to:

- ❖ Understand the Adobe After Effects interface and workspace
- ❖ Create and manage compositions and layers
- ❖ Apply basic animation using keyframes
- ❖ Use effects, presets, and transitions
- ❖ Work with text, shapes, and motion graphics
- ❖ Render and export projects for different platforms

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Session Flow (Detailed Topics)

- ❖ Introduction & Overview of After Effects
- ❖ Understanding Interface & Workspace
- ❖ Composition & Timeline Basics
- ❖ Working with Layers & Properties
- ❖ Animation using Keyframes
- ❖ Effects & Presets
- ❖ Text & Motion Graphics
- ❖ Rendering & Exporting
- ❖ Quiz & Summary

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Resource Materials

01 Presentation Deck (Adobe After Effects)

02 Demo Videos / Voiceover Tutorials

03 Participant Handbook

04 Sample Project Files (AE Files)

05 Motion Graphics Templates

06 Images, Videos, Audio Assets

07 Practice Exercises

08 Whiteboard / Blackboard



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Notes for Facilitation

Activity: Safety Awareness Discussion

Begin the session by welcoming participants and setting a creative tone.

Introduce the Topic: Adobe After Effects for Motion Graphics

Explain that motion graphics and visual effects are widely used in films, advertisements, and digital content.

Ask participants:

- ❖ Have you seen animated videos or motion graphics?
- ❖ What do you think makes them engaging?

Encourage sharing to build interest and creativity.

Key Takeaways:

- ❖ Motion graphics enhance storytelling
- ❖ Creativity + technical skills are essential
- ❖ Practice is key to mastering After Effects

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Notes for Facilitation

Activity: Reception Role Play

Form two groups in the classroom:

- ❖ Client
- ❖ Designer

Scenario:

A client wants a promotional video for a product using motion graphics.

The assistant must confirm:

- ❖ Purpose of the video
- ❖ Duration and format
- ❖ Style (corporate, creative, cinematic)



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Introduction & Objectives

Explain the objectives of the module clearly:

- ❖ Understanding After Effects interface and tools
- ❖ Creating animations using keyframes
- ❖ Applying effects and transitions
- ❖ Designing motion graphics

Emphasise:

Creative design is a combination of imagination and technical execution.



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Understanding Interface & Workspace

Explain the After Effects interface:

- ❖ Project Panel
- ❖ Composition Panel
- ❖ Timeline Panel
- ❖ Tools Panel

Demonstrate using visuals:

- ❖ How to import files
- ❖ How to create a composition

Explain key practices:

- ❖ Organize files properly
- ❖ Save projects regularly
- ❖ Use shortcuts for efficiency

Emphasise:

A well-organized workspace improves productivity.

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Working with Composition & Timeline

Explain:

- ❖ Composition settings (resolution, frame rate, duration)
- ❖ Timeline structure

Cover:

- ❖ Adding layers
- ❖ Adjusting layer properties
- ❖ Timeline navigation

Emphasise:

Understanding timeline is essential for animation control.

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Animation using Keyframes

Explain keyframe concept:

- ❖ Position
- ❖ Scale
- ❖ Rotation
- ❖ Opacity

Demonstrate:

- ❖ Creating smooth animations
- ❖ Using easing (Easy Ease)

Key Practices:

- ❖ Use fewer keyframes for smoother animation
- ❖ Preview animations frequently

Emphasise:

Animation brings static visuals to life.

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Effects & Presets

Explain:

- ❖ Built-in effects
- ❖ Animation presets

Cover:

- ❖ Applying effects to layers
- ❖ Adjusting parameters

Examples:

- ❖ Blur
- ❖ Glow
- ❖ Color correction

Trainer Tip:

Show before/after examples to demonstrate impact.

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Text & Motion Graphics

Explain:

- ❖ Creating text layers
- ❖ Animating text

Cover:

- ❖ Shape layers
- ❖ Motion graphics design

Key Practices:

- ❖ Maintain readability
- ❖ Use consistent fonts and colors

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Rendering & Exporting

Explain:

- ❖ Render queue
- ❖ Export formats

Cover:

- ❖ Export for social media
- ❖ Export for broadcast

Key Practices:

- ❖ Choose correct resolution
- ❖ Optimize file size

Emphasise:

Final output quality depends on correct export settings.



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Quiz & Summary



Conduct a short quiz:

- ❖ What is a composition?
- ❖ What are keyframes used for?
- ❖ Name two effects in After Effects

Summary Points:

- ❖ After Effects is a powerful motion graphics tool
- ❖ Animation is based on keyframes
- ❖ Practice improves creativity and efficiency

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Final Trainer Note

Encourage participants to:

- ❖ Practice regularly
- ❖ Explore new effects
- ❖ Build a portfolio