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# **Technical Skills Assignment 1 “Exposure and Contrast Panels”**

**Presented by Dave Noordhoff  
and Keith Blackwell**



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**Purpose: To visually familiarize  
ourselves to differences in  
EXPOSURE  
and  
CONTRAST**



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**If we get it right from the start  
in camera,  
we can avoid a lot of post processing  
to fix our mistakes.**





## **Step #1:**

**Select a scene and photograph it using what ever metering technique you are most familiar with.**

**Record the image file name, ISO, *f*/stop, and shutter speed**



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**The scene can be anything you want,  
as long as you can repeat the image  
3 x's**

**For this example a tabletop set up  
was photographed, using everyday  
household items.**



Photographed using a Nikon AW100 point and shoot, from tripod, with table lamp as primary light source, and two reflectors, one plain white, one covered in tin foil.

Normal exposure was 400 ISO, *f*/4, 1/160, metered through camera.

Over and under exposure were accomplished by using exposure compensation on the camera.







**Over and under exposure were accomplished by using exposure compensation on the camera.**







**Step #1:**

**Normal Exposure**

**ISO 400**

***f/4***

**1/160**

**DCSN0939.jpg**





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## Step #2:

Photograph the exact same scene at  
-1 stop.

Record the image filename, ISO,  
*f*/stop, and shutter speed.



**Step #2:**

**Exposure -1**

**ISO 400**

***f/4***

**1/360**

**DSCN0940.jpg**





## Step #3

Photograph the exact same scene at +1 stop.

Record the image file name, ISO, *f*/stop, and shutter speed



**Step #3:**

**Exposure +1**

**ISO 400**

***f/4***

**1/80**

**DSCN0941.jpg**





## Step #4

Open each image in your photo editing software. Save each file with a name that represents the exposure. For example, image “DCSN0940.jpg” may become “under 1.jpg”



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## Step #5

**Begin with -1 image and adjust contrast, first low, then high, saving the image after each adjustment.**





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**Each of your three original photos,  
will then be saved in three different  
versions...**



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Low contrast under 1.jpg

Under 1.jpg

High contrast under 1.jpg

Low contrast normal.jpg

Normal.jpg

High contrast normal.jpg

Low contrast over 1.jpg

Over 1.jpg

High contrast over 1.jpg

For a total of nine files



## *Adjusting Contrast in Photoshop Elements*

With the image open, select...

**ENHANCE >>>>**

**ADJUST LIGHTING >>>>**

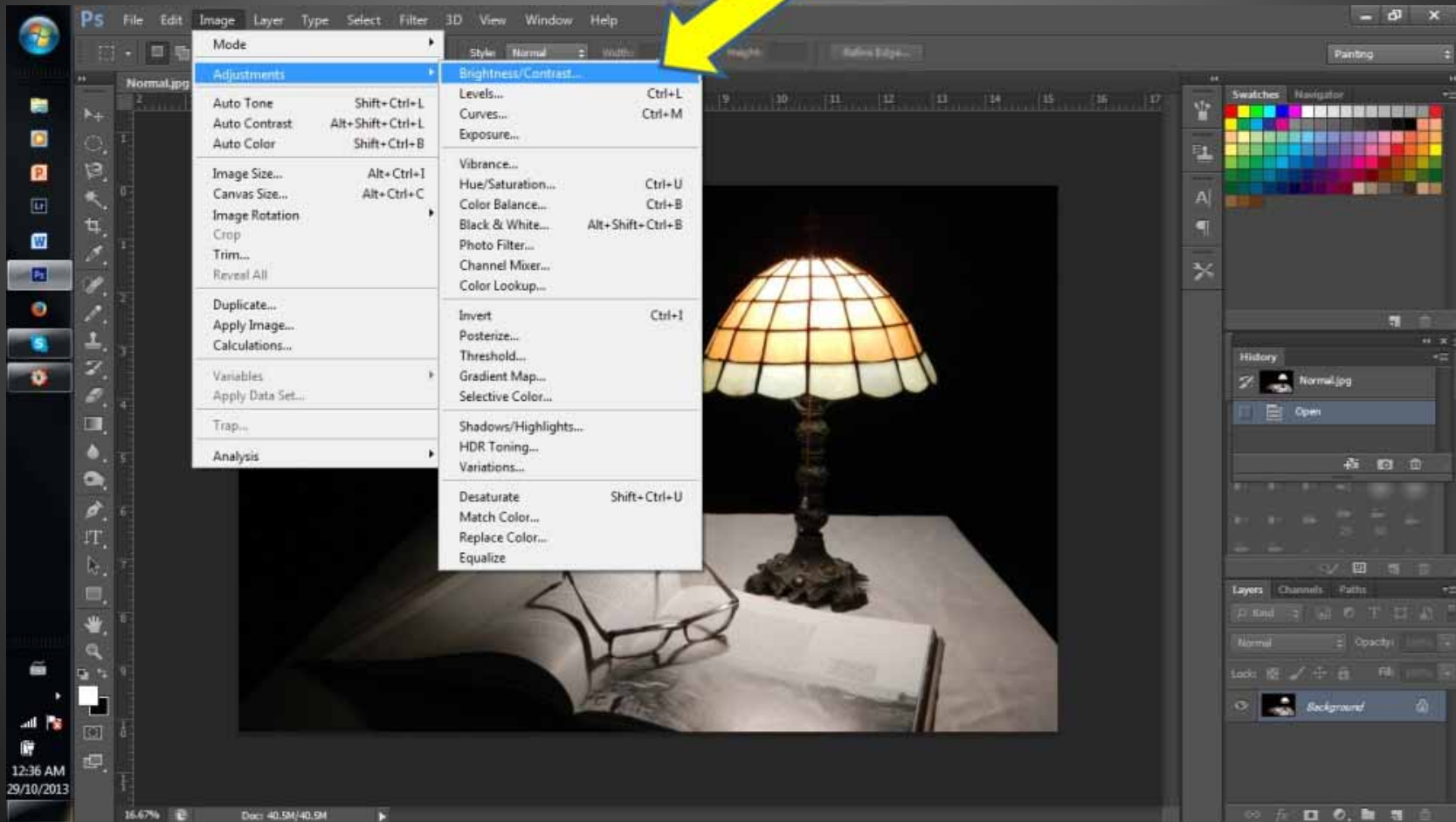
**BRIGHTNESS/CONTRAST**

Adjust slider to far left for Low Contrast,  
and far right for High Contrast

Select OK and “save as” as previously discussed

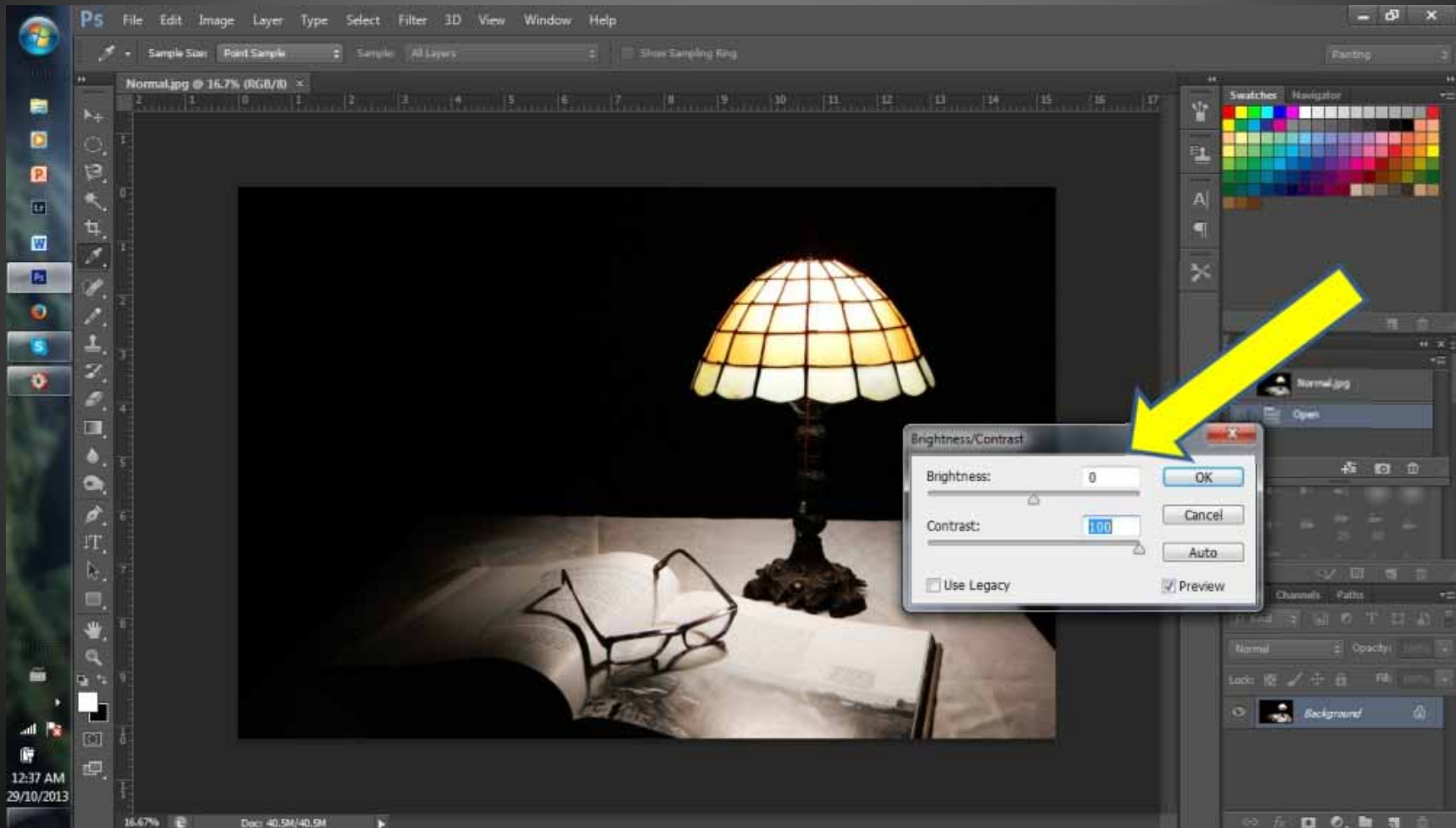


# Photoshop





# Photoshop





# Faststone Adjust Lighting

The screenshot shows the FastStone Image Viewer interface. The window title is 'Normal.jpg - FastStone Image Viewer 4.6'. The menu bar includes File, Edit, Colors, Effects, View, Tag, Favorites, Create, Tools, Settings, and Help. The toolbar contains various icons for file operations and editing. The main area displays a grid of photo thumbnails. The selected thumbnail, 'Normal.jpg', is highlighted with a blue border. The status bar at the bottom shows '0 Folders', '11 Files (47.0 MB)', and '1 Selected'. The system tray in the bottom left corner shows the time as 12:31 AM on 29/10/2013.

Normal.jpg - FastStone Image Viewer 4.6

File Edit Colors Effects View Tag Favorites Create Tools Settings Help

Smooth 4% [Hand icon]

Images | Filename

F:\My Lightroom Photos\CCC\Assignment #1\


Preview

4608 x 3072 (14.16 MP) 2 1:1 [Zoom icons]

0 Folders 11 Files (47.0 MB) 1 Selected

Normal.jpg [ 11 / 11 ]





# Faststone

The image shows the Faststone image editor interface. The main window displays a photograph of a lit lamp with a stained glass shade, an open book, and a pair of glasses on a table. A yellow arrow points to the Contrast slider in the bottom toolbar. The toolbar includes sliders for Shadows, Highlights, Contrast, and Saturation, all currently set to 0. It also features a 'Reset' button, a 'Keep Settings' checkbox, and 'OK' and 'Cancel' buttons. The zoom level is shown as 23%.





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## *Submitting Assignment*

We would prefer to receive the assignment compiled into a contact sheet, but will also accept nine separate files, size 1400 by 1050 pixels (as per usual competition submissions)

Submitted to either  
[dnoordhoff@cogeco.ca](mailto:dnoordhoff@cogeco.ca) (Dave Noordhoff)  
Or  
[keithblackwell@xplornet.ca](mailto:keithblackwell@xplornet.ca) (Keith Blackwell)

Files names as result..... Low contrast over 1.jpg



A.jpg



B.JPG



C.jpg



D.jpg



E.JPG



F.jpg



G.jpg



H.JPG

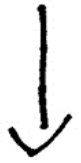


I.jpg

# CONTRAST

Low → NORMAL → HIGH

EXPOSURE  
UNDER



NORMAL



OVER

A.jpg  
(LOW/UNDER)

B.jpg  
(NORMAL/UNDER)

C.jpg  
(HIGH/UNDER)

D.jpg  
(LOW/NORMAL)

E.jpg  
(NORMAL/NORMAL)

F.jpg  
(HIGH/NORMAL)

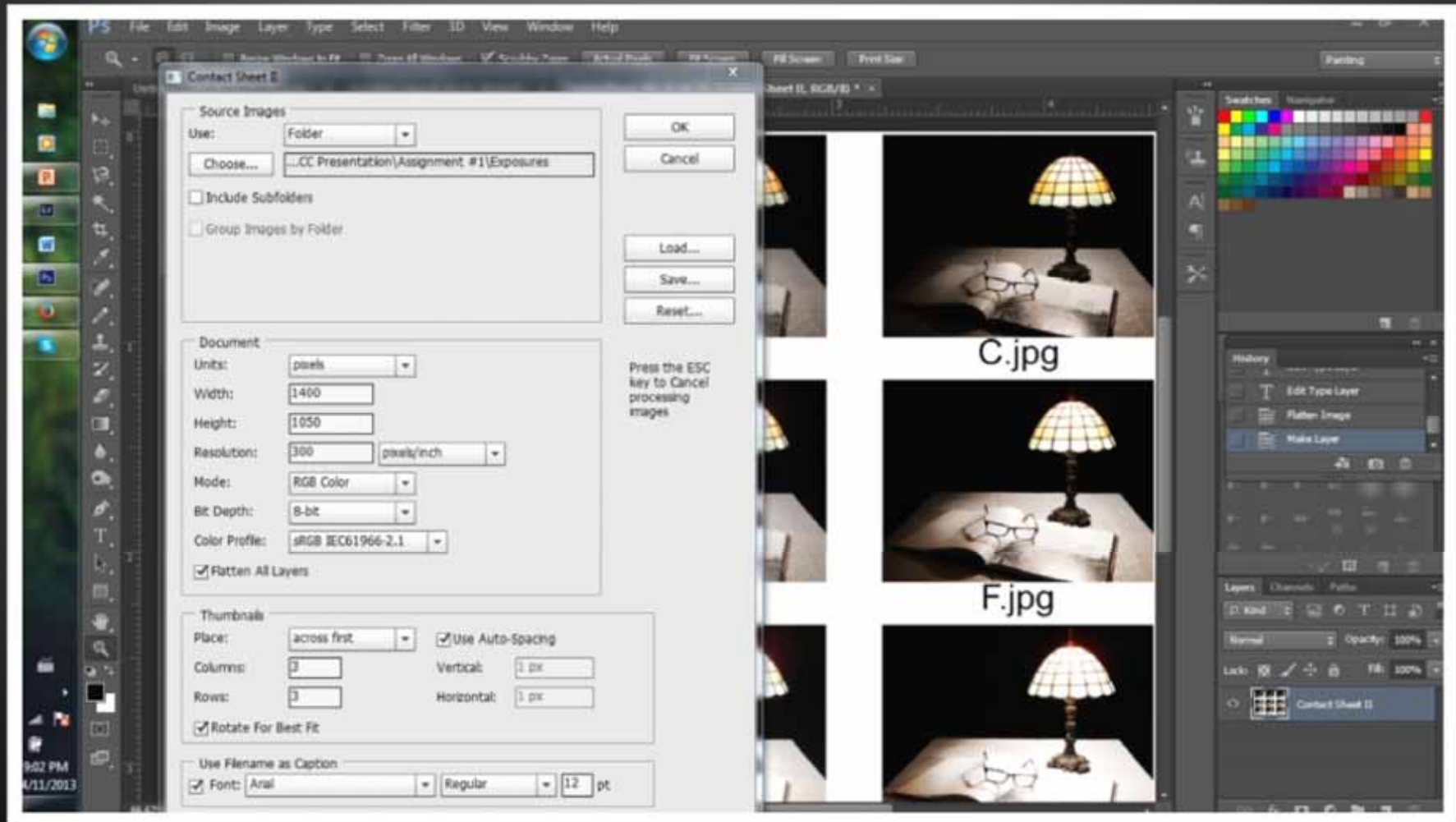
G.jpg  
(LOW/OVER)

H.jpg  
(NORMAL/OVER)

I.jpg  
(HIGH/OVER)



# Photoshop





A.jpg



B.JPG



C.jpg



D.jpg



E.JPG



F.jpg



G.jpg



H.JPG



I.jpg





# Faststone

The screenshot shows the FastStone Image Viewer 4.6 interface. The 'Contact Sheet Builder' window is open, displaying a file list from the source folder 'D:\CCC Presentation\Assignment #1\Exposures\'. The file list includes files A through I, all of which are JPEG images. The 'Input List' on the right shows these files numbered 1 through 9. The window has tabs for 'File List', 'Settings', and 'Preview'. A 'Tip' at the bottom reads: 'Tip: Use mouse to drag and drop selected files from Source to Input List'. The 'Create' and 'Close' buttons are visible at the bottom right of the window.

FastStone Image Viewer 4.6

File Edit Colors Effects View Tag Favorites Create Tools Settings Help

Contact Sheet Builder - 9 file(s)

File List Settings Preview

Source: D:\CCC Presentation\Assignment #1\Exposures\

Name	Size	Item type	Date
A	2.58 MB	JPEG Image	09/
B	4.55 MB	JPEG Image	04/
C	2.72 MB	JPEG Image	09/
D	2.61 MB	JPEG Image	09/
E	4.64 MB	JPEG Image	04/
F	2.79 MB	JPEG Image	09/
G	2.48 MB	JPEG Image	09/
H	4.36 MB	JPEG Image	04/
I	2.43 MB	JPEG Image	09/

Input List: 9 file(s), 1 page(s)

No	Filename	Folder
1	A.jpg	D:\CCC Presentation\Assign
2	B.JPG	D:\CCC Presentation\Assign
3	C.jpg	D:\CCC Presentation\Assign
4	D.jpg	D:\CCC Presentation\Assign
5	E.JPG	D:\CCC Presentation\Assign
6	F.jpg	D:\CCC Presentation\Assign
7	G.jpg	D:\CCC Presentation\Assign
8	H.JPG	D:\CCC Presentation\Assign
9	I.jpg	D:\CCC Presentation\Assign

Tip: Use mouse to drag and drop selected files from Source to Input List

Create Close



# Faststone

The screenshot shows the FastStone Image Viewer 4.6 interface. The 'Contact Sheet Builder' dialog box is open, displaying settings for creating a contact sheet from 9 files. The 'Sheet' tab is active, showing a size of 1400x1050 pixels at 300 DPI. Margins are set to 30 pixels on all sides. The 'Thumbnail' section shows 3 columns and 3 rows of thumbnails per page, with a spacing of 30 pixels horizontally and 10 pixels vertically. The 'Caption' section shows a font of 'AaBbYyZz' centered. The 'Output' section has 'Create' selected, with the format set to 'JPEG Images' and quality at 100. The folder is 'D:\CCC Presentation\Assignment #1\'. The filename is 'Faststone Contact Sheet'. The 'Print' option is also visible. The background shows a file explorer window with a folder tree and a preview pane.



# Exposures



A



B



C



D



E



F



G



H



I



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## *How to Print Contact Sheets in Photoshop Elements*

To print a contact sheet with Windows, do the following:

Open the Organizer.

In the Organizer, select photos you want to print on a contact sheet.

Ctrl-click in Windows to choose multiple photos in a noncontiguous selection.

Choose File→Print.

The Prints dialog box opens. In the dialog box, select the printer you want to use for your output from the Select Printer drop-down menu.

Select Contact Sheet from the Select Type of Print drop-down menu.

The Prints dialog box refreshes to show your contact sheet options



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Select a layout.

Choose the number of columns you want for the contact sheet. If you specify fewer columns, the images appear larger; as more columns are selected, the images appear smaller. Choose a size according to the number of columns that you want to print. (Optional) Select the check boxes for the items you want included in the captions.





LOW CONTRAST

MID CONTRAST

HIGH CONTRAST

UNDER EXPOSED



MID EXPOSED



OVER EXPOSED



