Setting up a Session in Pro Tools.

Open Pro Tools on your edit station.

The Dashboard window will open first. If you are starting a new project, from the options on the left-hand side select CREATE.

In the CREATE window, first you will give a Name to your project and then check that the following items are selected:

- **Local Storage** (your files will be saved onto the computer station you are using)
- **File Type**: BWF (.WAV)
- **Bit Depth**: 24-bit (most of our audio interfaces are accustomed to this and will provide a good dynamic range)
- **Sample Rate**: 48 kHz
- **I/O Settings**: Last Used (you are at a work station, and so will likely be using settings that work with that station- but we will check these settings further on)

Location: This is where your project will be saved on the computer. In this example the project will save to a folder on the desktop named **Pro Tools Projects**.

Click the Create button in the lower right of the window.

Your Pro Tools session will now open using two windows- Edit and Mix.
Creating a new track in Pro Tools.

First we want to create a Track that we can record to.

From the top menu choose Track > New

A window will open with information about your new track.

In this case, we will create 1 Mono Audio Track in Samples.

By default the name of the track is “Audio”- give it a new name and then click on the Create button.

Our new track now appears in our Edit window as well as the Mix window.

If either window does not open, go to the top menu and choose Window, and select both Mix and Edit.

Next we will let Pro Tools know what we will be using as I/O (Input, such as a microphone, and Output, such as speakers or headphones).
Setting up I/O in Pro Tools.

In this example, we will be using the computer itself for recording and playback.

From the top menu, select **Setup > Playback Engine**.

From the Device > Playback Engine pulldown menu, choose **Pro Tools Aggregate I/O** if it is not already selected, then click the OK button at the bottom right of the window.

Next let’s check that Pro Tools knows what we would like to have available as Inputs and Outputs.

From the top menu, choose **Setup > I/O**

The I/O Setup Window will open.

To be sure that we have all options available to us, click on the **Aux I/O** button on the bottom left of this window.

An alert window may pop up; click OK and continue.

The Aux i/O window will now open.

This window lists all possible Input and Output sources that are available. We don’t necessarily need all of them- but we want to activate the options we do want.

In Studio 106 we have the option of recording via the **RODE AI-1** interface, and playing out using the **External Headphones**.

* Note that the speakers, found on the top of the rack, are plugged into the computer, allowing the External Headphones option to be visible.
Setting up the I/O in your track in Pro Tools.

Now that we have activated the I/O options we want to have available, click on the blue OK button at the bottom right of the *Aux I/O* window, and we return to our I/O Setup window.

In the top left of the window choose the *Input* tab and be sure that the **RODE AI-1** box is checked.

Next, select the Output tab and check that the **External Headphones 1-2** box is selected.

Having completed that, click on the blue OK button at the bottom right.

Now to set up the I/O in the new track we created.

It’s helpful to have an I/O field visible next to our track. If it isn’t, click on the *Edit Window View Selector* and in the resulting window check the box next to I/O.

Having set the checkmark, click anywhere else to close this window.

The I/O view should now be visible to the left of your track.

Click on the top I/O button and choose *Interface* > **RODE AI-1 (Mono)**, then click on the lower i/O button and choose *Output* > **External Headphones 1-2 (Stereo)**.
Recording to your track in Pro Tools.

Your track is now set to record from the computer’s built-in microphone, and play out of the External Headphones.

A note on why we chose to play out of the External Headphones, rather than the iMac Speakers: “Feedback” happens when the sound from the speakers is picked up by the microphone and is re-amplified and sent to the speakers again. This continuous loop results in the howl/rumble of the feedback effect.

In our case, if we were playing out of the computer’s speakers, we would wind up with the feedback effect once we were set to record to our track- which is our next step.

Prepare your track to record by clicking on the Track Record Enable button...

...it will begin to blink red, activating your track for recording.

If you were recording to multiple tracks, you would enable all of them in this same way.

At the top of the Edit window near the center, click on the red Record Enable button.

It too will begin blinking red to indicate that it is active.

With your I/O selected and both record enable buttons active, you should now be able to monitor the sound coming into your microphone via the audio levels meter.

You can help to control the audio levels with the audio level control of your track, found in your Mix window.

When you are ready to record, click on the Play button and recording will begin.

When you have finished recording, click the blue Stop button.
Bouncing your track from Pro Tools.

The term “bouncing” refers to the process of converting your audio into one stereo file.

All of the tracks you have created in your Pro Tools session can be sent out as a single file—provided they can all be heard. Be sure that the tracks you want to send out are not muted.

In this example to the right, there are two tracks that have audio recorded to them. Both will sent out when bounced—even though only one of them (Vocal Track 02) is currently selected.

Go to the top menu and choose File > Bounce Mix.

The Bounce Mix window will open.

Enter a file name, and check that the File Type and Audio settings are what you are expecting.

The Location for the File Destination is probably already preset to go to a “Bounced Files” folder in your Project folder—this is a good location to save it to.

With your options selected, click on the blue Bounce button in the lower right of the window.
Bouncing your track from Pro Tools.

A window will open, charting the progress of your bounce.

We had saved our Pro Tools project files to a folder named **ProTools Projects**, on the desktop. As we had specified in the Bounce Mix window just now, our audio file mix can be found in the **Bounced Files** folder with our project.

A note:
Your computer station will have an application selected as default to open audio files (such as Apple Music, Audacity, etc.).

You can select the default application you would like to use to open audio files by selecting your audio file and from the top menu select **File > Get Info**

and in the resulting window go to the Open with: section and select your preferred application from the pull-down menu.

In this example, we have selected Quicktime Player.

If you would like your selection to be the default application to open audio files, click on the **Change All** button.

A window will open checking that you want to do that- click **Continue**.

With your tracks and record/export options set, you can continue recording within the same track or new ones.

When you are finished, save your Session and quit Pro Tools.