Adding subtitles or “lower thirds” to your sequence.

When your picture track is ready to add subtitles to, place your timeline marker where you would like your first subtitle to appear (perhaps at a specific point of dialogue). Then, making sure your Timeline window is active (its border will be highlighted in blue), go to the Top Menu and select Graphics>New Layer>Text

Having selected that, two things will happen:
1) a ‘text box’ will appear in your Program window and
2) a new text layer will appear in your timeline on the first available video track where your timeline marker was.

Editing your subtitle

You can do a great deal of editing within the Program window. Using your Selection Tool you can move your text by clicking within the text’s bounding box and dragging it to a new location. While placing your text in the frame, it might be helpful to have some visual references to go by. If you select the icon in the bottom right of your Program monitor, you will find a drop-down menu. Choose Safe Margins.

A double-bordered frame will now be visible, which can be very useful in placing your subtitles- and ensuring that any new subtitles will also be placed vertically in the same place.

To change the text itself, either double-click within the bounding box or select the Type tool. The bounding box will turn red and you will be able to type in your new text.

To re-adjust the position of your text, select the tool and move the bounding box as you did before.
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Now that our subtitle has been placed with the correct text, we can change the size, font, and color.

In the top left corner of your Source Monitor, select the Effect Controls tab (note: if you do not see the tab listed, go to the top menu and select Window>Effect Controls, and it should appear)

With your text clip selected in the timeline, you will be see this information related to it under the Effect Controls tab.

If it isn’t already, twirl open your Text (seen here as Text (Film & Media) and then the Source Text

Here you can select a font, also its style, and the font size...

In this section you can adjust alignment, tracking, kerning, et cetera...

And in the Appearance section you can change the color of the font (Fill), add a border around the font (Stroke), place a Background behind your font to help it be seen better, or add a Drop Shadow

On the next page we’ll go over these options in more detail...
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Font

You have access to a number of fonts via a pull-down menu that opens when you click in the Source Text window, and depending upon the text chosen a variety of styles such as Light, Oblique, or Bold.

The font size can be adjusted by dragging the font size bar left or right, or by entering a number directly.

Appearance

Clicking in the “Fill” box will open the Color Picker window, where you can choose a font color that might show up better against your background image.

Two other ways to help your text stand out from the background are activating the Background, with controls to adjust both the opacity of the background box and the size.

and the Shadow, with controls to adjust many features including shadow color, opacity, shadow angle, and other effects.
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Now that you have your subtitle built, go back to the timeline and fit it against the video and sound you are timing it to.

At this point you have created one title, and it exists only in your sequence. You no doubt will want to create more titles, matching all the style choices you have already selected. To do this, it would be helpful to have this title exist as a clip in your project window.

With your title selected in the timeline, go to the top menu and select Graphics>Upgrade to Master Clip.

A new clip will appear in your project window named Graphic-this is the clip version of the title you created in your timeline, and is linked to it.

To create a new title that matches the style of your original title, select the title and at the top menu choose Edit>Duplicate (or right-click on the title in the project window) and choose Duplicate.

A new title clip will be created; you can drag this to your timeline and repeat the process of entering new text for your next subtitle, and sizing it to time with picture.

The Safe Margins border will not appear in your exported media, but if you would like to preview your video without the margins visible, click on the tool icon at the bottom right of your Program window, and click again on Safe Margins to de-select it.