

Resizing for OCC Competition

This document contains instructions for resizing your images to comply with the new Competition Guidelines.

We have attempted to provide instructions that cover most of the image editing programs in common use by our members. However, it is entirely possible that some have been omitted. If you let us know, we will try to incorporate these in future versions of these Instructions.

In the meantime, studying the options available in other programs will most likely be helpful in figuring out what you need to do in your particular software. If you need a little help, please download this excellent PDF file containing helpful instructions on resizing your images using a variety of software applications. If you have any questions please feel free to email Competition Chair, Winnie Gustafson. She will be glad to help you.

Currently, instructions for the following programs are included:

- **Photoshop**
- **Lightroom**
- **Aperture**
- **Image Processor (from Bridge or Photoshop)**
- **Photoshop Elements**
- **Irfanview**
- **Picasa**
- **Nikon View NX**
- **Paint Shop Pro (links to tutorials)**

➤ Photoshop

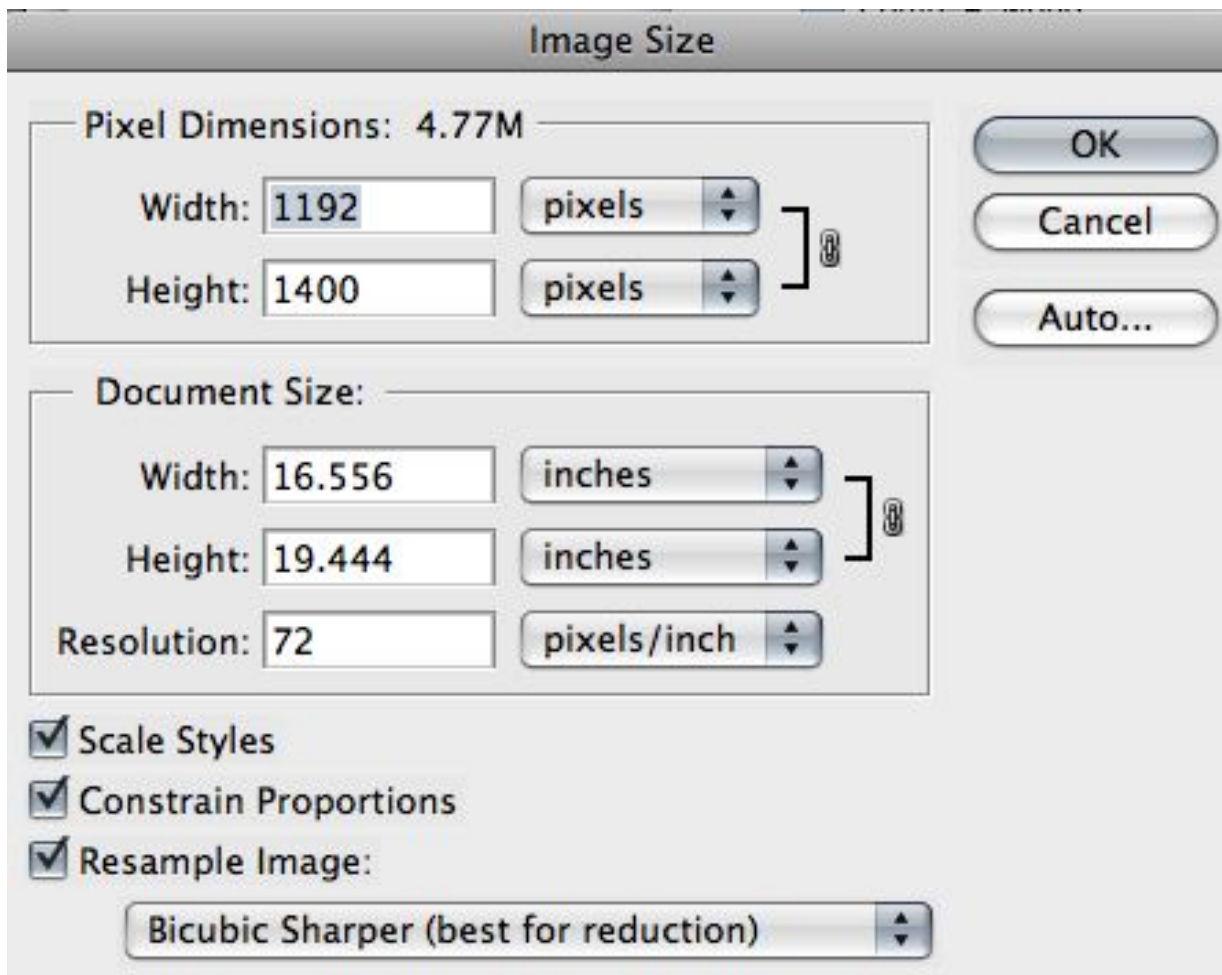
With your image open in Photoshop, go to Image > Image Size. The following dialog box will open.

Make sure that the three boxes on the bottom left are checked. Change the Resolution to 72 pixels/inch.

Then, change the Pixel Dimensions of the longest edge of your image (height in the example below) to 1400. The other dimension will adjust automatically to keep the aspect ratio correct. Under “Resample Image” choose Bicubic Sharper from the drop down box.

Here’s a YouTube video that might help:

<http://www.youtube.com/watch?v=qu5adJfxuhw>



Lightroom

In Lightroom you first need to select the image you want to resize. Then go to File > Export to see this dialog box.

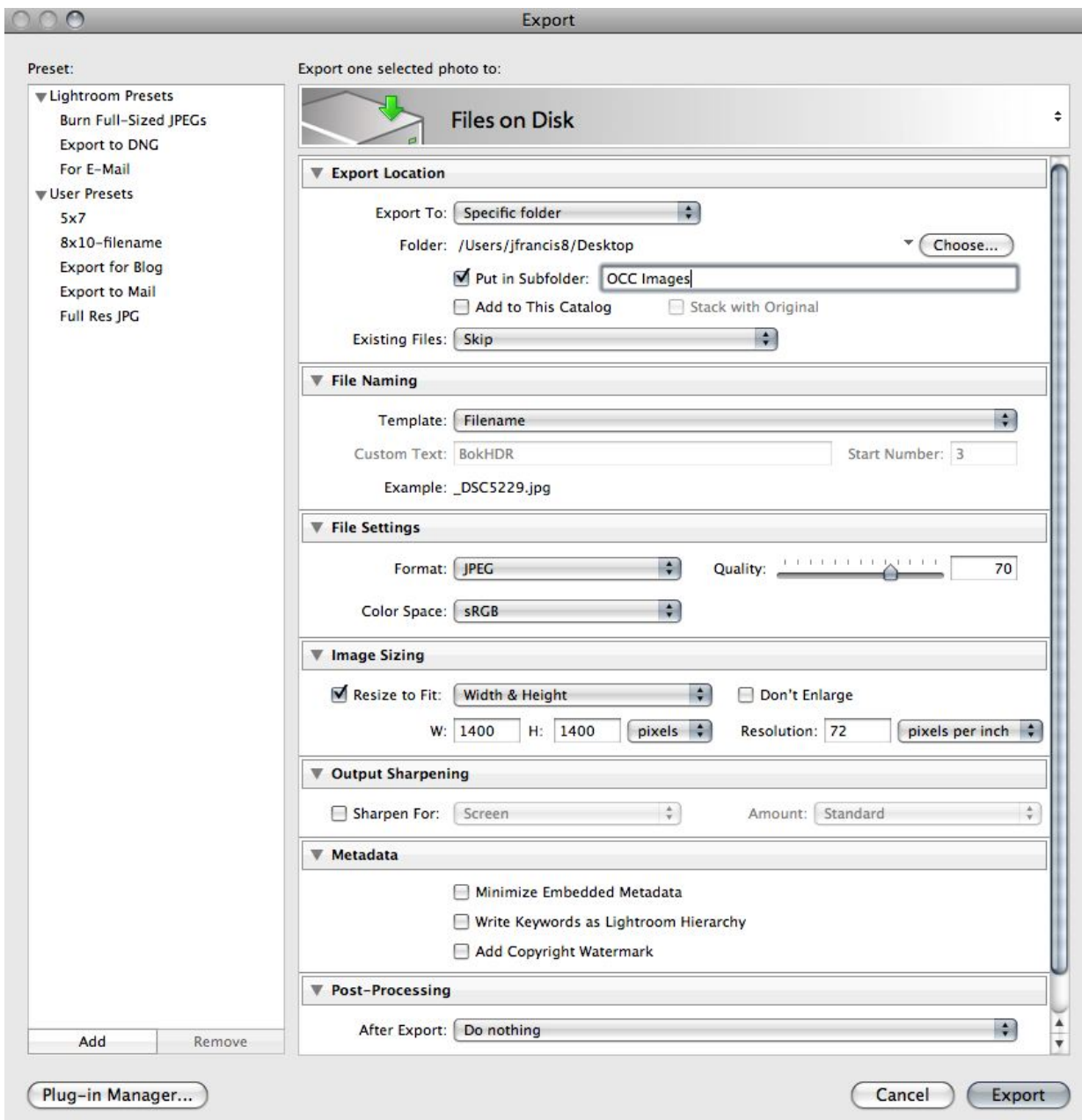
Choose a folder for the image to be saved in. Under File Settings, set the Format to JPG and change the Color Space to sRGB.

Under Image Sizing, check the “Resize to Fit” box and select “Width and Height” from the drop-down box.

Enter 1400 pixels in BOTH boxes (don’t worry, LR will only resize the longest edge) and change Resolution to 72 pixels per inch.

Leave the boxes for Metadata unchecked.

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➤ Aperture

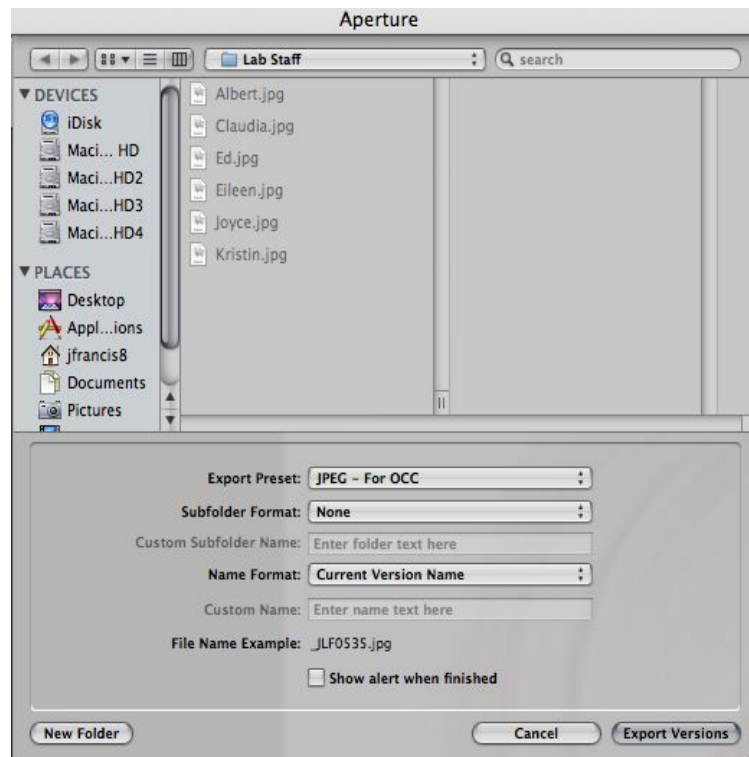
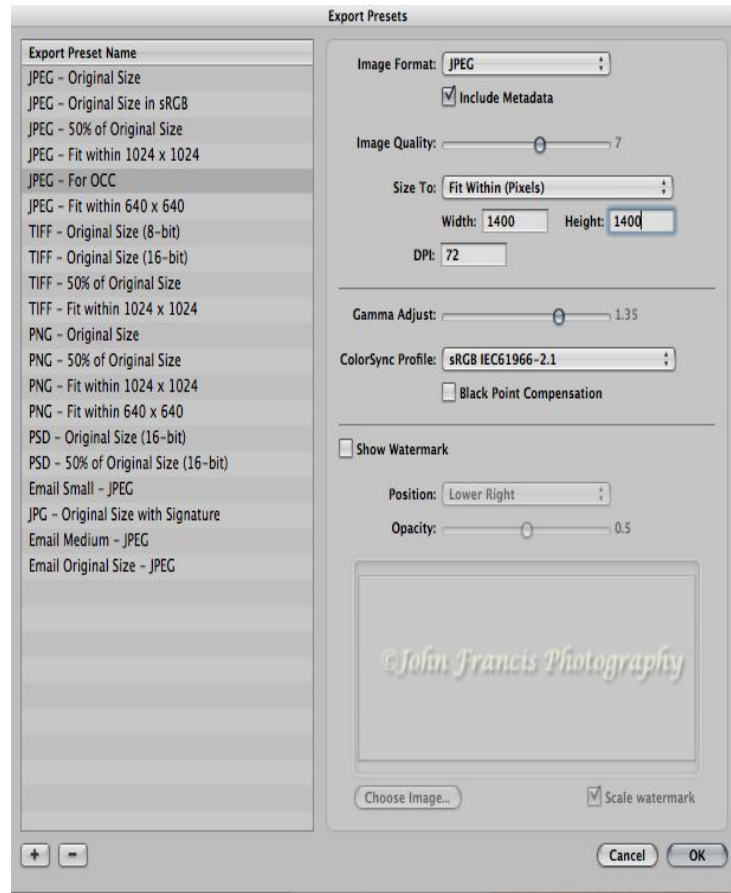
Aperture works similarly to Lightroom in that files are 'Exported' rather than 'Saved'. The first step is to create an Export Preset.

Go to 'Preferences' and then select "Export Presets" to see the dialog box below. Set up a new preset with the parameters shown.

You must save this by pressing the '+' on the bottom left and naming the Preset (I called mine "JPG – For OCC").

Then, back in Aperture and with your image selected, go to File > Export > Version. Select your OCC Preset from the drop-down box.

When you click OK, the resized image will be saved to the folder of your choice.



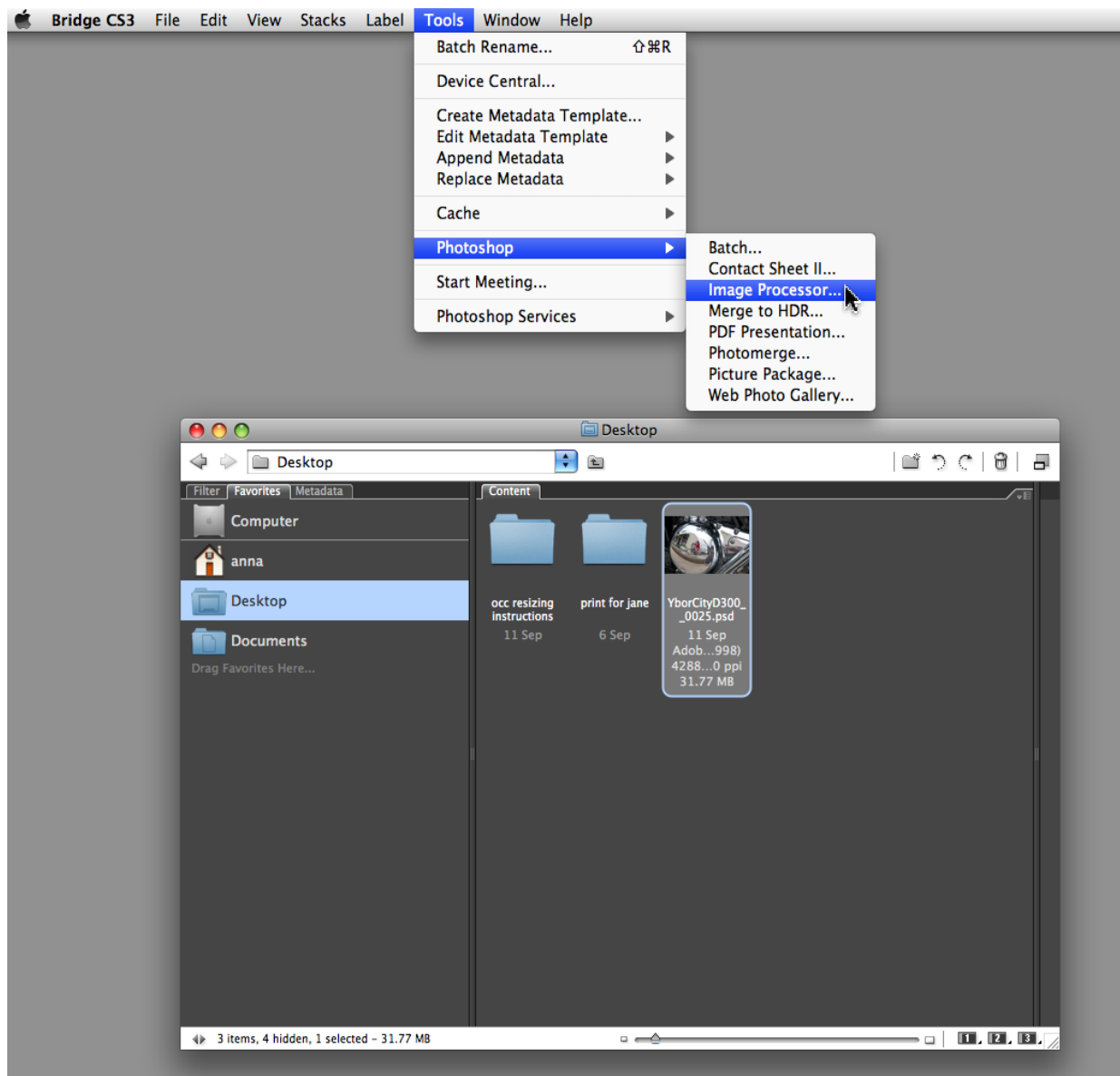
➤ **Image Processor (from either Bridge or Photoshop)**

In Bridge, make sure the image is **SELECTED**, then go to **Tools > Photoshop > Image Processor**.

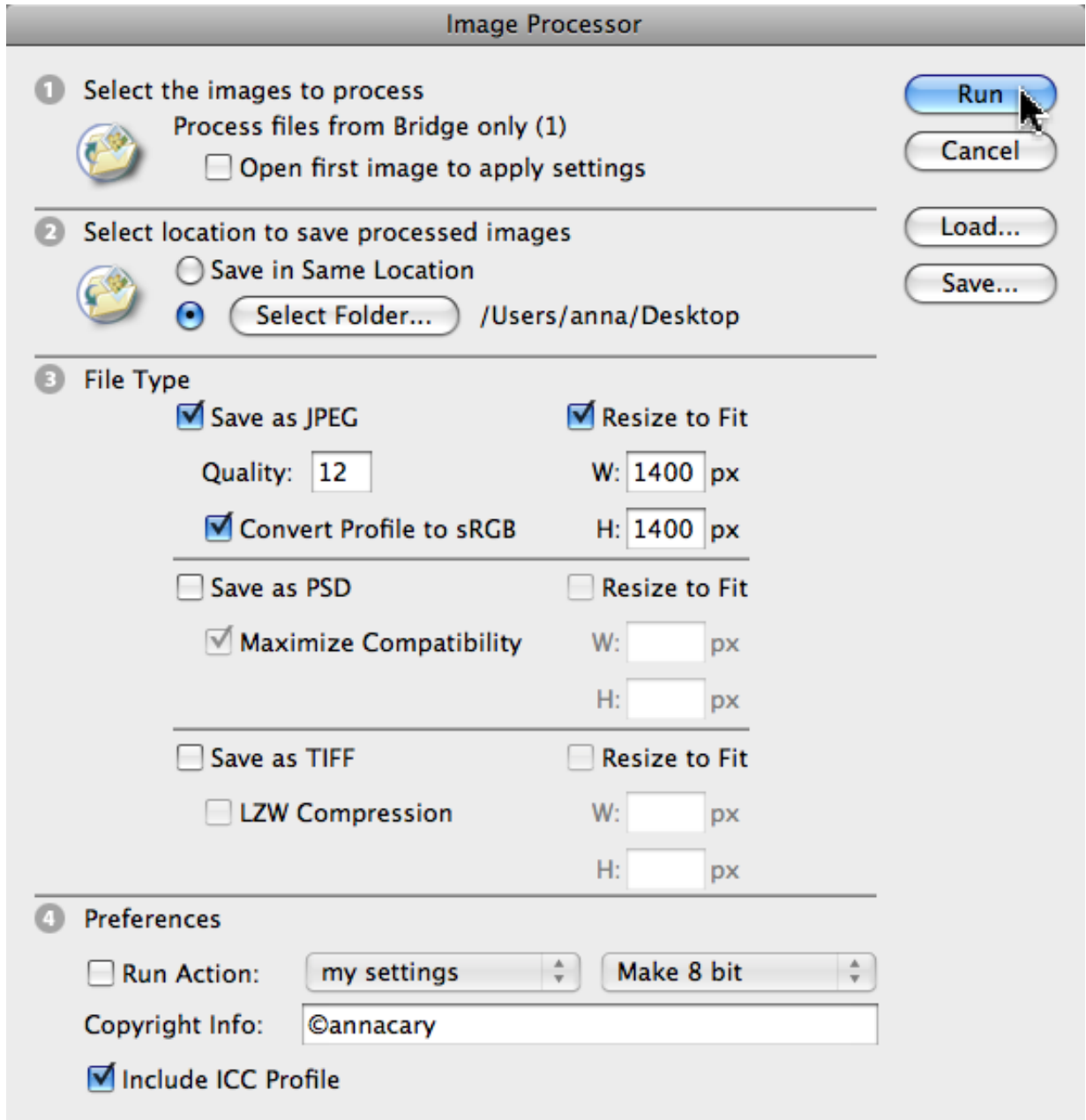
In the Image Processor window, the first box knows how many images are selected—in this case it is (1).

In the second box, choose a destination **Folder**.

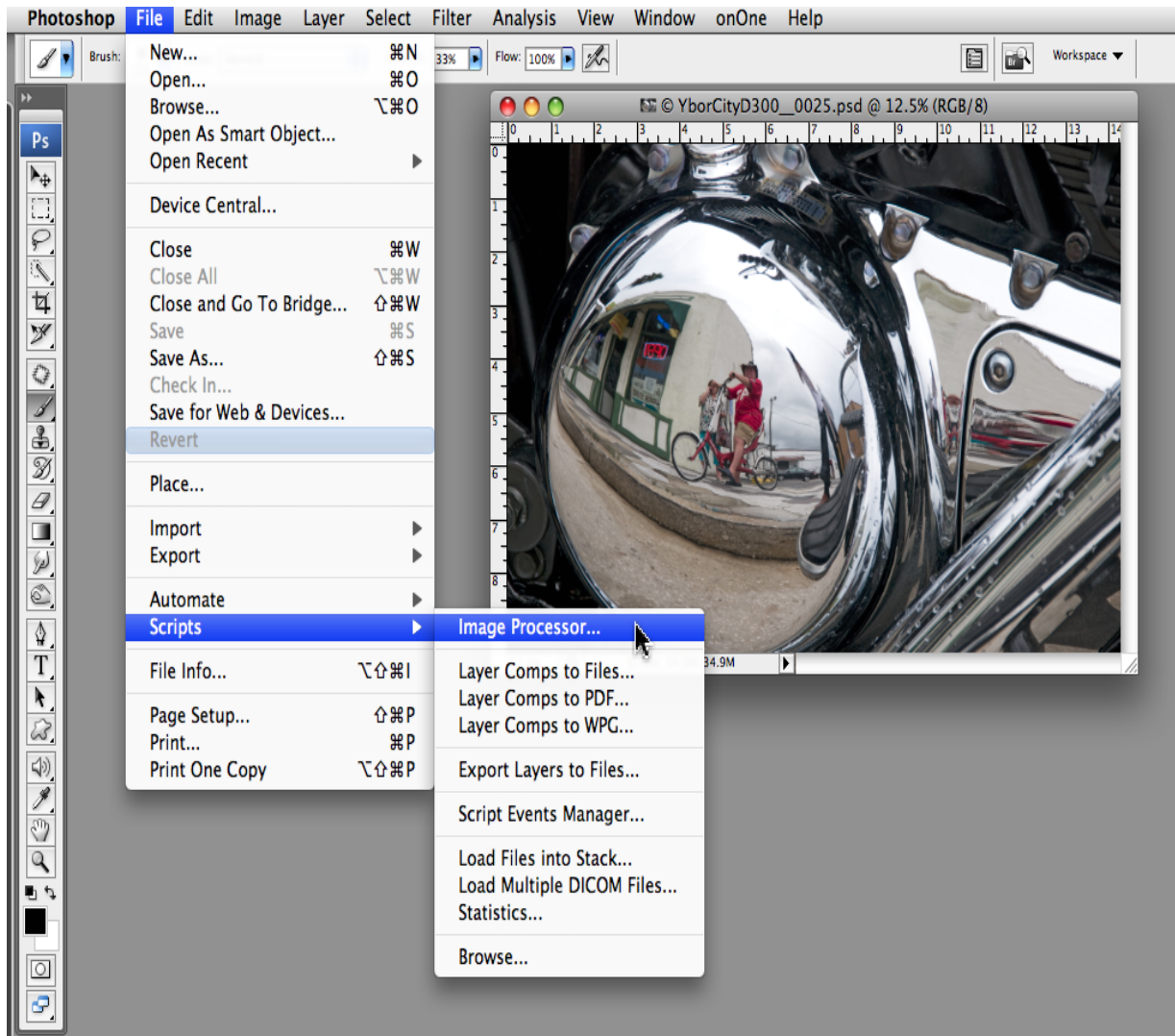
In the third box, check **Save as JPEG**, **Quality of 12** (that is the maximum, and should limit file size to 1MB), check **Convert Profile to sRGB**, check **Resize to Fit**,



In the 4th box check Include ICC Profile. Then click on RUN. The file will appear in the designated location inside a new folder named “JPEG”.



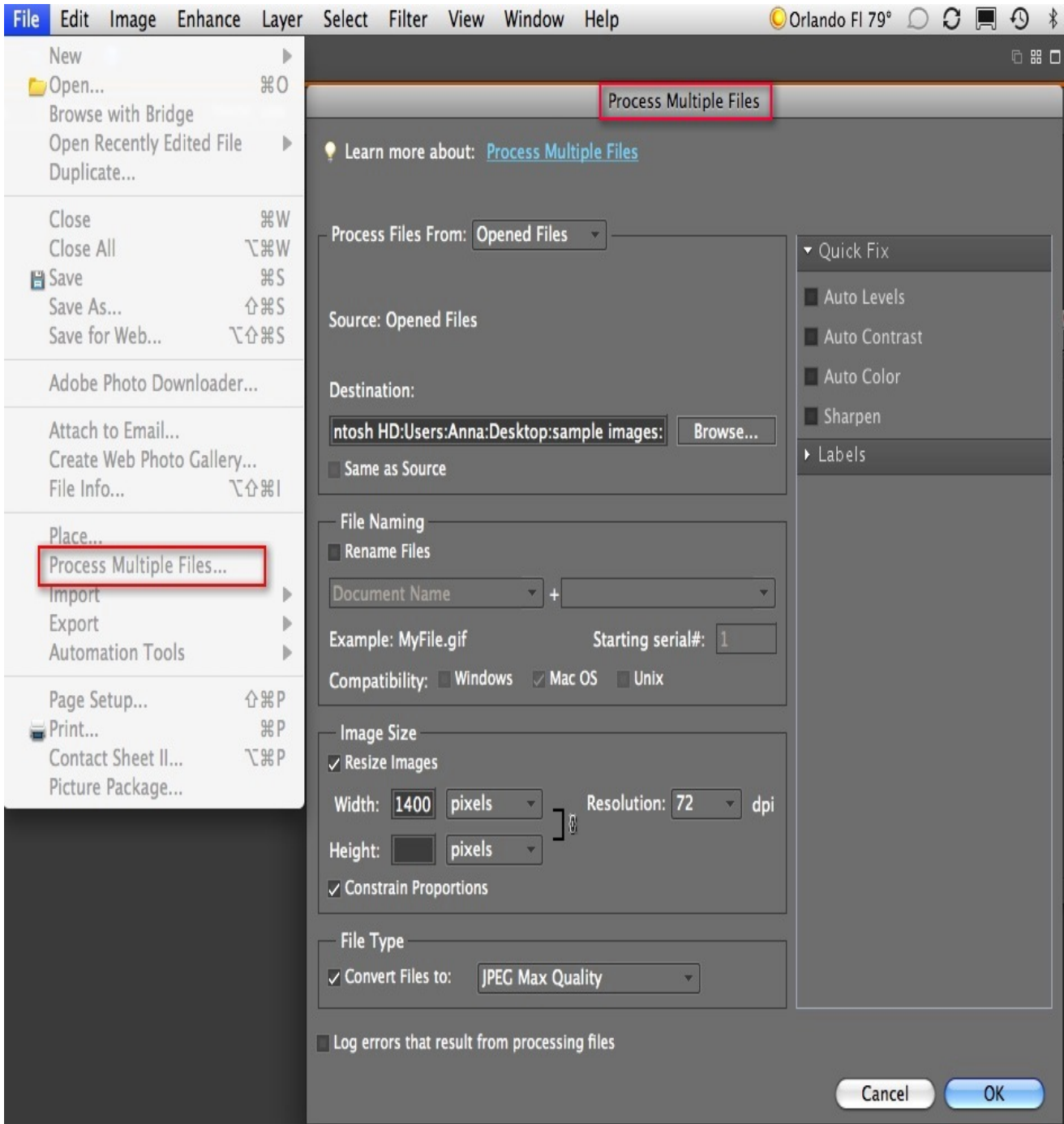
From Photoshop, and with an open Photoshop Image, go to File > Scripts > Image Processor, and when the Image Processor opens, follow the steps shown above.



➤ Photoshop Elements (From an Open Image)

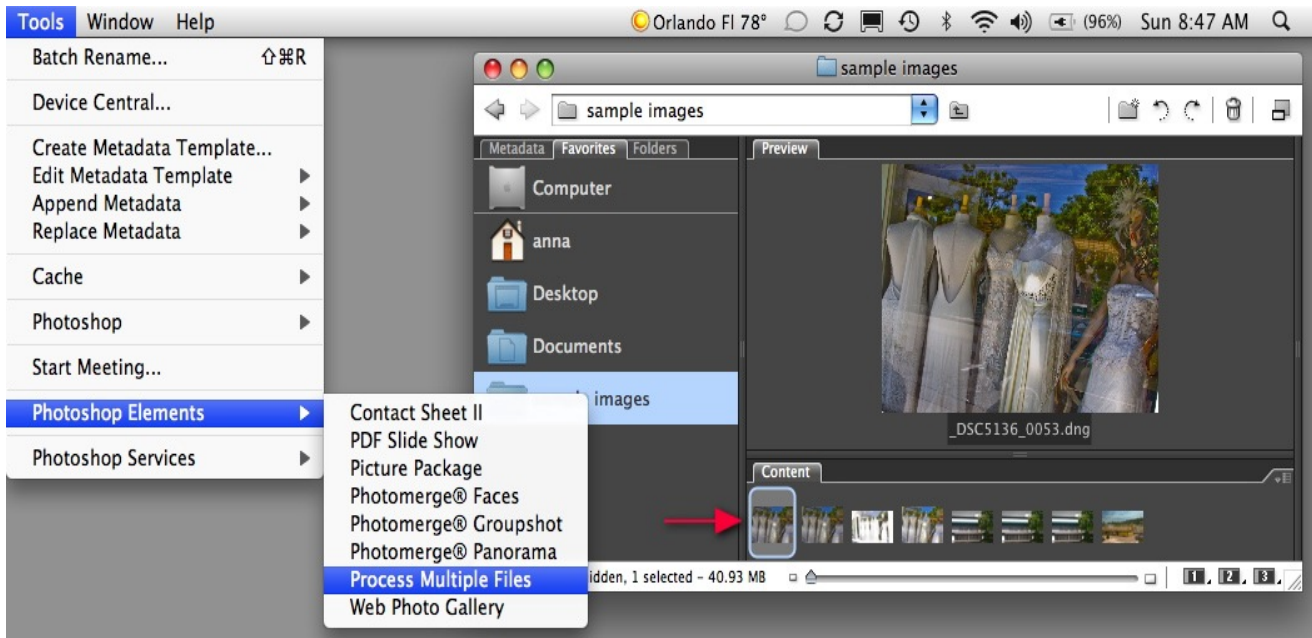
With your image open go to **File > Process Multiple Images** to get the next dialog box, (which is called **Process Multiple Files**).

Under Image Size check Resize Image and enter 1400 Pixels in one box, and the other one will automatically adjust; in Resolution box enter 72; Check Constrain Proportions; Check Convert File to JPEG Max Quality. Do not check anything under Rename file.



➤ Photoshop Elements (From the Bridge)

From the Bridge, select the image, then go Tools > Photoshop Elements > Process Multiple Files to bring up the next dialog box. Even though you have selected only one image, this will work.

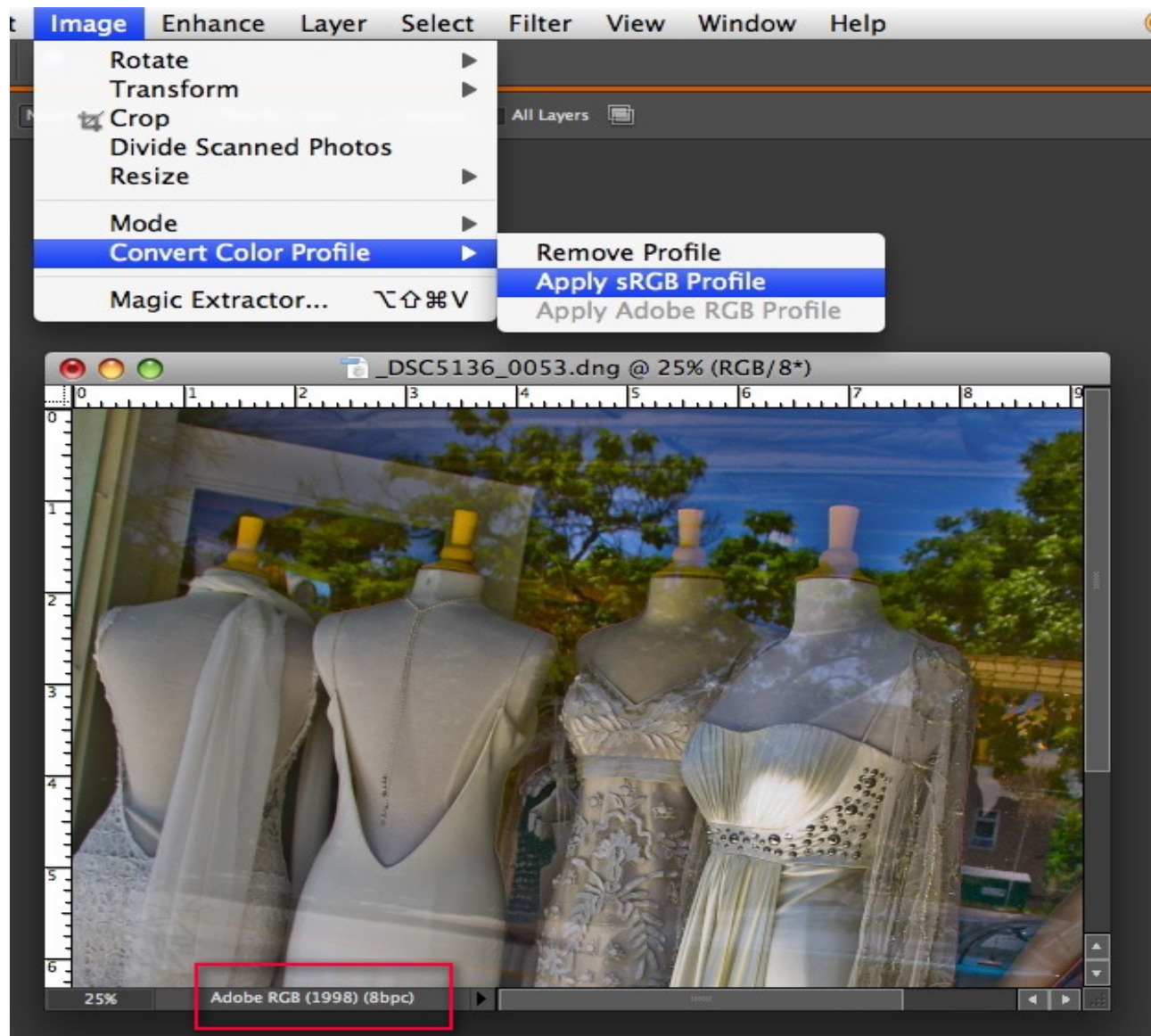


In the next dialog box (which is called Process Multiple Files), under Image Size check **Resize Image** and enter **1400 Pixels** in one box, and the other one will automatically adjust; in **Resolution** box enter **72**; Check **Constrain Proportions**; Check **Convert File to JPEG Max Quality**. Do not check anything under **Rename file**. See Screen Shot in the above example.

➤ To convert the Color Profile in Photoshop Elements

The default color profile in Photoshop Elements is already sRGB, so there is no need to convert. If the file happens to be in Adobe RGB 1998, you can convert it as shown below. To see what color profile your image is, look at the bottom of the image, and click on the drop down menu to see a list of image info.

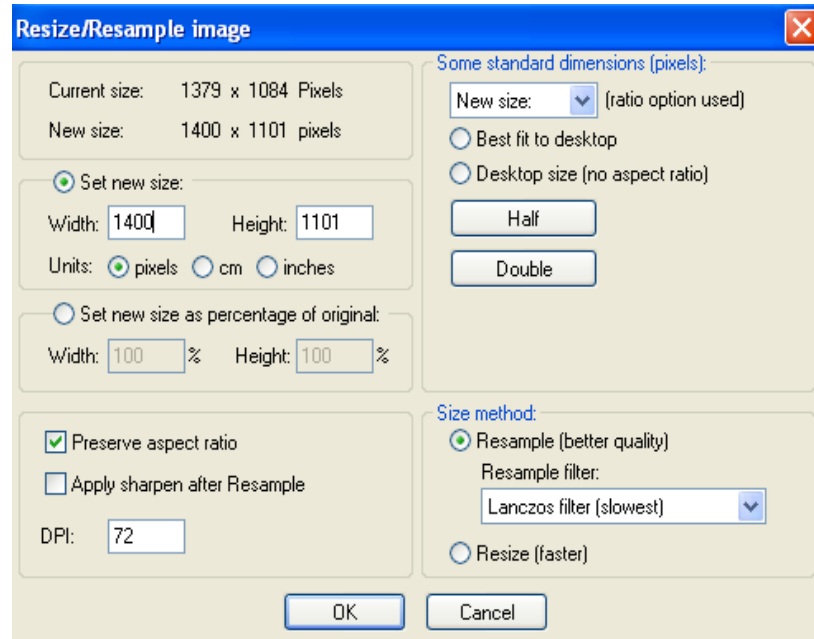
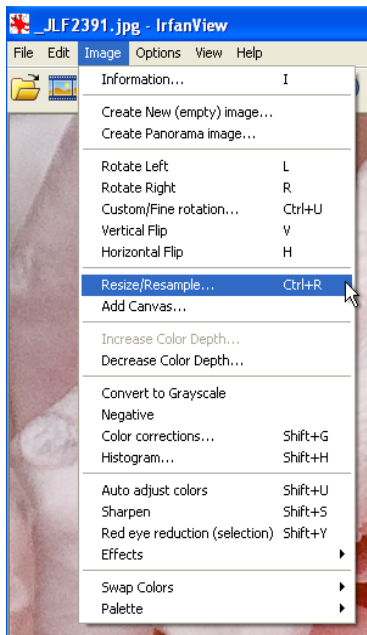
The example below is in Adobe RGB. To convert it, go to Image > Convert Color Profile > Apply sRGB Profile.



➤ Irfanview

Irfanview is a free (PC-only) program that can be downloaded at <http://www.irfanview.com/>

Among many other things, Irfanview makes it easy to resize your images. With your image selected, go to Image > Resize/Resample:

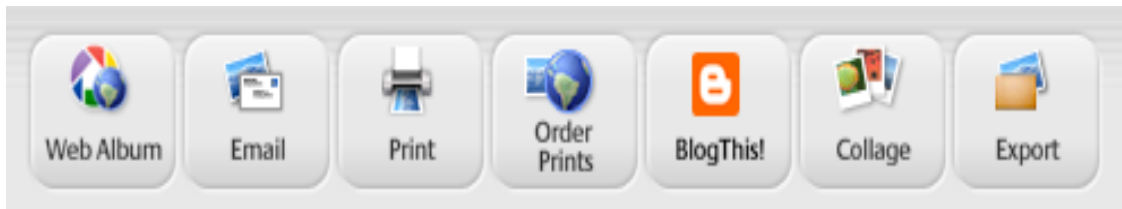


Make sure that “Preserve Aspect Ratio” is checked. Change the width or height (as appropriate for your image) to 1400 pixels. DPI will probably be at 72 by default – if not, change it. Click OK and save your new image.

➤ Picasa

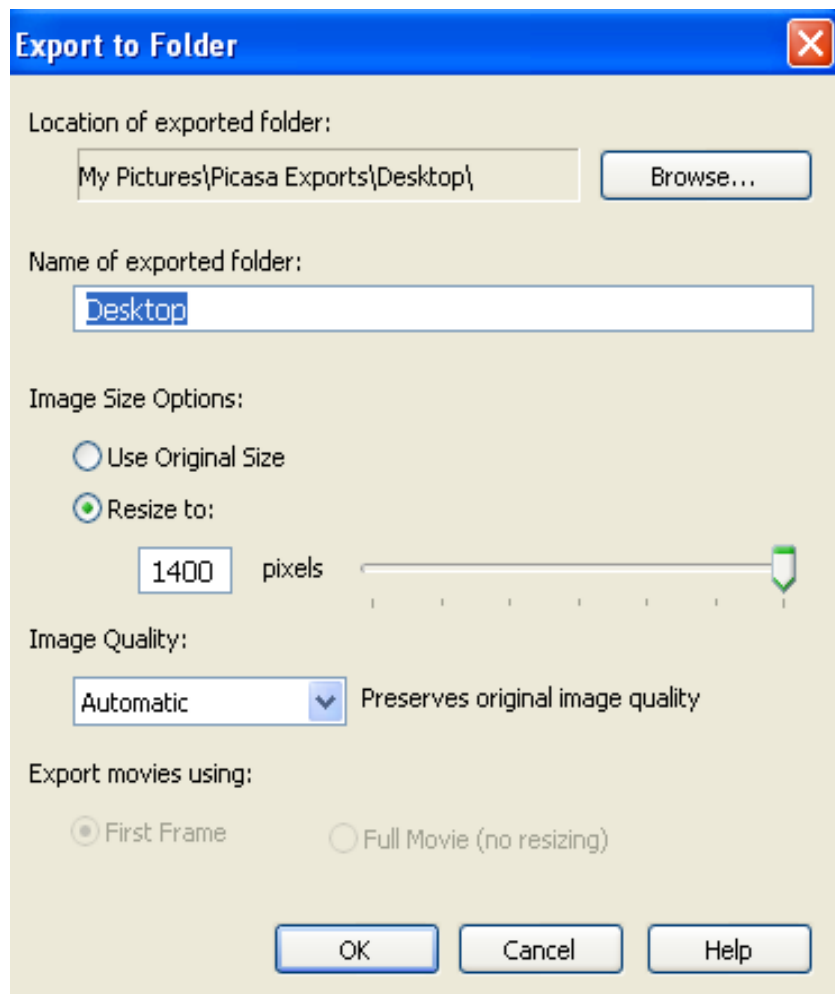
Picasa is another free (PC-only) program, which can be downloaded from <http://picasa.google.com/>

To resize in Picasa, you need to Export the image. Select the Export button at the bottom right of the screen:



Change the “Resize to” box to read 1400 and select the folder where you want the new file to reside.

Click OK and you are done.



➤ Nikon View NX

Nikon View is available as a free download from NikonUSA. With your image open in View NX, go to File > Convert Files . . . to show the dialog box below.

Check the Change Image Size box and change the longest dimension of your image to 1400.

Leave the Compression Ratio set at Good Quality.

Change the Destination folder as necessary and click Convert to complete the

