

SØRAV MUSIC ACADEMY

LEVEL 5 · PRACTICAL WORKSHEETS

Printable worksheets for recording, editing and session handoff.

Worksheet 1: Planning a Recording Session

Goal: Prepare a session so recording time is focused, technically safe and easy to edit.

Source / room / input: _____

Before recording: observations

Action and reflection log

Observation	Action / settings	Result heard	Next step

Guided practical

Create a Logic Pro template for a singer: lead vocal, doubles, harmonies, guide track and reference track. Name inputs, set tempo/meter, choose a project location, save, close and reopen it to confirm the session is intact.

Completion evidence

Submit a session-prep checklist and a saved/reopened Logic Pro template with named tracks and a verified backup.

Completed? ☐ Yes ☐ Not yet Date: _____

Worksheet 2: Microphones and Polar Patterns

Goal: Choose and position microphones with an understanding of sensitivity, directionality, distance and room sound.

Source / room / input: _____

Before recording: observations

Action and reflection log

Observation	Action / settings	Result heard	Next step

Guided practical

Record the same short vocal phrase at three safe distances using one mic and fixed preamp settings. Then record a second set slightly off-axis. Label each take and compare tone, room sound and plosives at matched playback level.

Completion evidence

Create a microphone placement log with source, distance, angle, pattern, room observations and a reasoned choice for the best take.

Completed? ■ Yes ■ Not yet Date: _____

Worksheet 3: Gain Staging and Input Levels

Goal: Set healthy recording levels without clipping while preserving a useful signal-to-noise ratio.

Source / room / input: _____

Before recording: observations

Action and reflection log

Observation	Action / settings	Result heard	Next step

Guided practical

Record the loudest expected phrase and watch Logic Pro's input meter. Adjust the interface gain so peaks remain safely below 0 dBFS, then record a quiet phrase and listen for room noise. Do not use the track fader as a substitute for input gain.

Completion evidence

Submit a screenshot or notes showing input setup, loudest peak reading, room-noise check and why the chosen gain leaves adequate margin.

Completed? ■ Yes ■ Not yet Date: _____

Worksheet 4: Recording Vocals: Technique and Performance

Goal: Capture clear, consistent vocal performances by controlling posture, distance, phrasing, monitoring and communication.

Source / room / input: _____

Before recording: observations

Action and reflection log

Observation	Action / settings	Result heard	Next step

Guided practical

Record three full vocal passes in Logic Pro, name them clearly, mark the best phrases, then build a comp on a separate lane or track while preserving original takes. Audition every edit in context and add crossfades where needed.

Completion evidence

Create a labelled three-take vocal comp with preserved originals, edit notes and a short explanation of why each selected phrase works.

Completed? ■ Yes ■ Not yet Date: _____

Worksheet 5: Recording Instruments and DI Sources

Goal: Capture instruments and direct signals cleanly while understanding source level, impedance, bleed and performance consistency.

Source / room / input: _____

Before recording: observations

Action and reflection log

Observation	Action / settings	Result heard	Next step

Guided practical

Record an electric guitar DI through the correct instrument input and, if available, a separate amp/mic signal. Label both, check peaks and listen together. Compare polarity and timing relationships without assuming a polarity flip is always the solution.

Completion evidence

Deliver labelled DI and/or microphone takes, peak notes, input settings and a short comparison of their tone and phase relationship.

Completed? ☐ Yes ☐ Not yet Date: _____

Worksheet 6: Editing, Comping and Crossfades

Goal: Edit recorded performances while preserving natural timing, sound continuity and musical expression.

Source / room / input: _____

Before recording: observations

Action and reflection log

Observation	Action / settings	Result heard	Next step

Guided practical

In Logic Pro, duplicate or preserve the original playlist/track, comp a vocal from three takes, add crossfades at edits and listen through the whole phrase. Then edit one rhythmic instrument transient and compare before/after in context.

Completion evidence

Submit an edited phrase with original takes preserved, crossfades applied and an edit log explaining each significant change.

Completed? ☐ Yes ☐ Not yet Date: _____

Worksheet 7: MIDI, Virtual Instruments and Programming

Goal: Use MIDI and virtual instruments to create editable performances while distinguishing note data from audio.

Source / room / input: _____

Before recording: observations

Action and reflection log

Observation	Action / settings	Result heard	Next step

Guided practical

Create a Logic Pro Software Instrument track, program an 8-bar chord progression and melody, vary velocity and note lengths, then bounce a copy to audio while preserving the MIDI region and instrument settings.

Completion evidence

Deliver a labelled MIDI region and corresponding audio print, with notes on velocity, quantisation and the reason for printing.

Completed? ☐ Yes ☐ Not yet Date: _____

Worksheet 8: Arrangement, Layers and Session Organisation

Goal: Build a clear session structure that supports musical decisions, collaboration and later revisions.

Source / room / input: _____

Before recording: observations

Action and reflection log

Observation	Action / settings	Result heard	Next step

Guided practical

Organise a practice session into Drums, Bass, Music, Lead, Vocals and FX groups. Add markers for verse/chorus/bridge, name tracks consistently, create a notes track and save a dated version before major changes.

Completion evidence

Submit a clearly named and grouped Logic Pro session with markers, version notes, working routing and a handoff checklist.

Completed? ■ Yes ■ Not yet Date: _____

Worksheet 9: Latency, Monitoring and Recording Workflow

Goal: Understand monitoring paths, buffer settings and latency trade-offs so performers hear themselves comfortably while recording.

Source / room / input: _____

Before recording: observations

Action and reflection log

Observation	Action / settings	Result heard	Next step

Guided practical

Record a short vocal with software monitoring, then test a lower I/O buffer and Logic Pro Low Latency Mode if available. Compare feel and CPU stability. If your interface offers direct monitoring, test it separately and avoid monitoring the same signal twice.

Completion evidence

Record your interface, buffer setting, monitoring path, observed latency symptoms and the configuration that gave a stable performance.

Completed? ☐ Yes ☐ Not yet Date: _____

Worksheet 10: Exporting, Backups and Session Handoff

Goal: Deliver clean audio and an organised session that can be reopened, checked and revised reliably.

Source / room / input: _____

Before recording: observations

Action and reflection log

Observation	Action / settings	Result heard	Next step

Guided practical

Export a stereo WAV from Logic Pro, re-import it into a new track and listen through. Then create a copy of the project with required assets included, move or copy it to a separate folder/drive and reopen it to confirm portability.

Completion evidence

Submit a verified stereo export, organised project copy, backup location and concise handoff note listing all settings and included files.

Completed? ■ Yes ■ Not yet Date: _____