

# How to create and re-size a JPEG file with Photoshop and Lightroom

## Resizing your image

All digital images will be judged at a resolution of 1920 x 1080 pixels, making the overall image a landscape format. Firstly, you should resize your image to fit within those dimensions.

You can add padding to your image to fill it out to the full 1920x1080 if you prefer, but this is not a requirement.

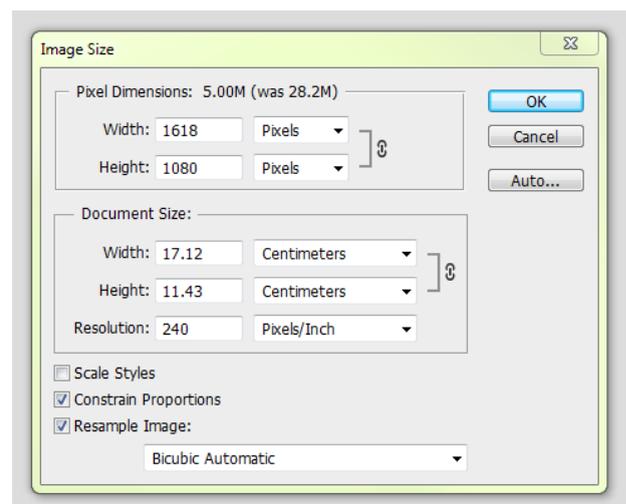
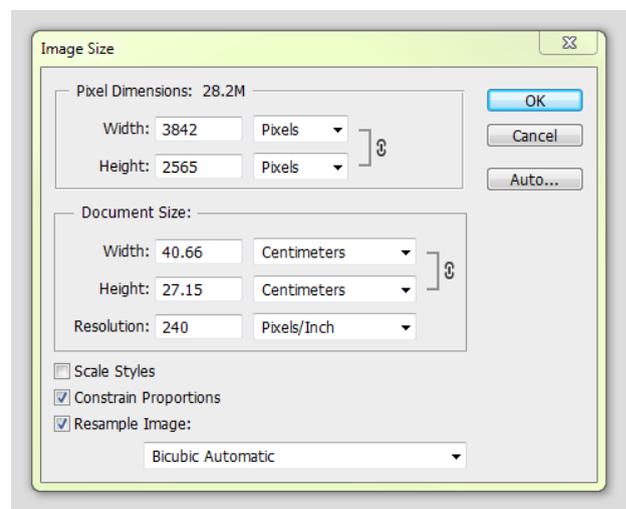
## Using Adobe Photoshop

### How to re-size your image

1. From the **Image** menu, choose **Image Size**. The Image Size dialog box is displayed, see right.
2. Ensure that the **Constrain Proportions** and **Resample Image** boxes are ticked
3. In the **Pixel Dimensions** section at the top, change the units to show **Pixels**
4. Enter the height - **1080**. The height will adjust automatically (because you have the Constrain Proportions box ticked).
5. **Before** clicking OK, check the width, if this is more than **1920** pixels, then you should enter 1920 in the width - this will reduce the height to less than 1080 pixels. Click **OK**.

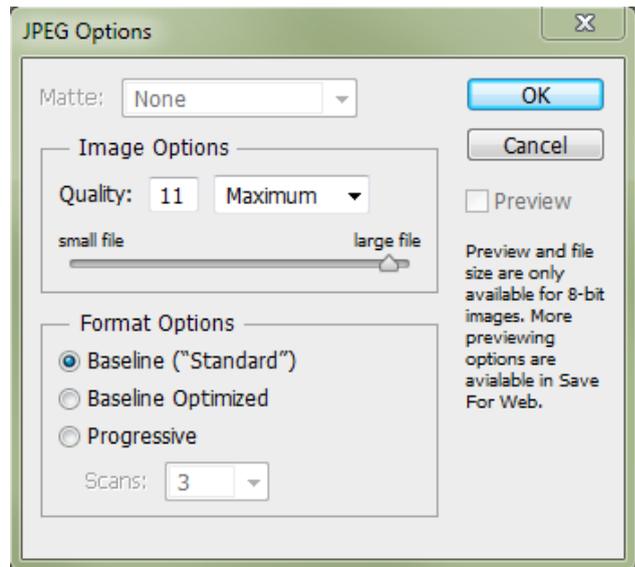
Your image is now of a suitable size. You can add padding in the form of canvas (usually black) if you prefer, but this is not mandatory).

**Tip:** some people will talk about "file size" or "dpi" - none of this is relevant here, you are measuring in pixels only.



## Saving the Image

1. To save a file as a JPEG file, from the **File** menu, choose **Save As**. The Save As dialog is displayed
2. Select the folder you want to save to. Type in your **File name** this must be the same as the title on your entry form
3. Next make sure the **Format** field is set to **JPEG**.
4. Click the **Save** button, you'll then see the **JPEG Options** dialog box.



5. Set the amount of compression to apply to the image. You can set the Quality to 10 or 11 and that's fine. This will ensure the final file size is not too large but will retain the quality of the image. Make sure the **Format Options** is set to **Baseline ("Standard")**
6. Click **OK** - Job done!

## Using Lightroom

Lightroom is somewhat more straightforward.

During the Export process you can specify pixel dimensions. See example.

Lightroom will then make your exported image fit within those dimensions.

