

# Training Day 17 Report

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## Topic: Styling Text and Backgrounds using CSS

Today's training session focused on the visual aspects of web design—specifically how to style text content and background elements. These techniques control the tone, readability, and aesthetic feel of a webpage.

## Key Areas Covered

### 1. Text Styling Properties

- Fonts: `font-family`, `font-size`, `font-weight`, `font-style`.
- Text decoration: `underline`, `line-through`, `none`.
- Alignment and spacing: `text-align`, `line-height`, `letter-spacing`.
- Text transformation: `uppercase`, `lowercase`, `capitalize`.

### 2. Font Management

- Applied system fonts and basic web-safe fonts.
- Previewed use of Google Fonts (will integrate later).
- Balanced readability and style for headings vs paragraphs.

### 3. Background Styling

- Set solid color backgrounds using `background-color`.
- Introduced gradient backgrounds using inline CSS.
- Embedded images as backgrounds using `background-image`.
- Controlled repeat, position, and size of background elements.

## 4. Contrast and Accessibility

- Chose color combinations for high visibility and legibility.
- Learned how poor contrast can affect users with visual challenges.
- Used online contrast checking tools to test color pairs.

## Hands-On Practice

Styled an “About Me” section of a personal site:

- Custom fonts for headers and body text.
- Colored backgrounds for different content sections.
- Background image banner with centered text.
- Ensured contrast met accessibility standards.

## Key Takeaways

- Text styling brings personality and clarity to web content.
- Backgrounds define page mood and thematic flow.
- Thoughtful choices in fonts and color improve readability and branding.
- CSS makes typography and layout flexible and visually expressive.