I have been surfing around to find out how to do various things in Adobe Premiere since our training. Below you will find links to some videos I thought might be helpful for you.

What's new in CS6 - Workspaces, steadycam effects, searchable thumbnails, audio metering, timeline markers

http://www.video2brain.com/en/lessons/whats-new-in-premiere-pro-cs6

Using the Project Panel – shortcuts for previewing media, Navigating the project panel window, Using meta data to organize,

http://www.video2brain.com/en/videos-14603.htm

Cross dissolve and fade -

http://www.video2brain.com/en/videos-14653.htm

JKL Trimming – using key commands to trim clips quickly

http://www.video2brain.com/en/videos-14677.htm

Adjustment Layers and Effects -

http://www.video2brain.com/en/videos-14717.htm

Adding Titles, Fading and Music -

http://www.video2brain.com/en/videos-14781.htm