Adobe Premiere Pro - Creating Title Clip

Create a title in Adobe Premiere

Click on the "New Item" icon in the lower left hand corner of the Project browser window in Premiere.

Choose "Title..." from the pop up list.

Adjust your settings to match your sequence/timeline.
Name your title.
Click OK

Click in the screen to choose where to place text.

Click a Title Style to conform your text to a Title Style template.

Use the "Text Tool" to type your text.
Use the "Selection Tool" to place and adjust your text.
Close the Title Tool and the title media will end up in your project browser.