

**Reflect**

1. How did you decide on an item to make this year? How will you use the item(s) you have made? \_\_\_\_\_  
\_\_\_\_\_
2. Explain the sewing you did for community service this year. \_\_\_\_\_  
\_\_\_\_\_
3. What sewn item(s) did you make this year? \_\_\_\_\_  
\_\_\_\_\_
4. Check the 6 or more new skills you did this year.

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Make darts                 | <input type="checkbox"/> Apply a collar                 | <input type="checkbox"/> Do a machine-topstitched hem |
| <input type="checkbox"/> Attach cuffs               | <input type="checkbox"/> Add lapels                     | <input type="checkbox"/> Do a machine blind hem       |
| <input type="checkbox"/> Make tucks                 | <input type="checkbox"/> Insert piping                  | <input type="checkbox"/> Do a hand-stitched hem       |
| <input type="checkbox"/> Make pleats                | <input type="checkbox"/> Make sleeves                   | <input type="checkbox"/> Make self-covered buttons    |
| <input type="checkbox"/> Add lining                 | <input type="checkbox"/> Do machine or hand quilting    | <input type="checkbox"/> Use specialty threads        |
| <input type="checkbox"/> Insert elastic             | <input type="checkbox"/> Make a neckband                | <input type="checkbox"/> Make self-enclosed seams     |
| <input type="checkbox"/> Add facings                | <input type="checkbox"/> Apply machine or hand appliqué | <input type="checkbox"/> Sew with difficult fabric    |
| <input type="checkbox"/> Add boning                 | <input type="checkbox"/> Add gathers                    | <input type="checkbox"/> Construct with a serger      |
| <input type="checkbox"/> Add plackets               | <input type="checkbox"/> Add vents                      | <input type="checkbox"/> Do hand beading              |
| <input type="checkbox"/> Apply machine topstitching | <input type="checkbox"/> Insert an invisible zipper     | <input type="checkbox"/> Add patch pockets            |
| <input type="checkbox"/> Create bound edges         | <input type="checkbox"/> Insert a separating zipper     | <input type="checkbox"/> Add inseam pockets           |
| <input type="checkbox"/> Apply trim                 | <input type="checkbox"/> Insert a fly front zipper      | <input type="checkbox"/> Add front hip pockets        |
| <input type="checkbox"/> Sew buttons                | <input type="checkbox"/> Insert a lapped zipper         | <input type="checkbox"/> Add welt pockets             |
| <input type="checkbox"/> Apply ribbing              | <input type="checkbox"/> Insert a hand-picked zipper    | <input type="checkbox"/> Make machine buttonholes     |
| <input type="checkbox"/> Add underlining            | <input type="checkbox"/> Use shaped seams               | <input type="checkbox"/> Make bound buttonholes       |
| <input type="checkbox"/> Add a drawstring           | <input type="checkbox"/> Sew with knit                  | <input type="checkbox"/> Match fabric design          |
| <input type="checkbox"/> Add ruffles                | <input type="checkbox"/> Use fiberfill                  | <input type="checkbox"/> Use twin needle              |
| <input type="checkbox"/> Add a waistband            | <input type="checkbox"/> Make button loops              | <input type="checkbox"/> Make shoulder pads           |

5. List the learning activities (from page 2) you completed and briefly tell what you learned.

<i>Activity</i>	<i>What I learned</i>
_____	_____
_____	_____
_____	_____

**Generalize**

6. You have used the life skills of decision-making, planning and organizing, and resource management as you have progressed through the sewing project. As you continue in this project, you will be asked each year to describe one of these life skills you have developed. (Select a different skill for each year.) This year I will describe (check one).

- decision-making       planning and organizing       resource management

7. Describe in detail what you learned about the life skill you checked above. \_\_\_\_\_  
\_\_\_\_\_

**Apply**

8. How would you apply the life skill you checked above in your everyday life?  
\_\_\_\_\_  
\_\_\_\_\_

Signature of 4-H member \_\_\_\_\_ Date \_\_\_\_\_

I have reviewed this record and made comments about the individual's progress and completion.

Signature of Helper/Leader \_\_\_\_\_ Date \_\_\_\_\_