

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

5. List the learning activities (from page 3) you completed and briefly tell what you learned.

Activity	What I learned
_____	_____
_____	_____
_____	_____

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 _____

SEWING PROJECT EXHIBIT CARD—Grade 8 & Above

4-H 928C-W

Fill out ONE card for each sewing exhibit, regardless of number of articles.

Attach completed card to your exhibit.

Name _____ County _____

Type of article(s) _____

Mark skills included in your exhibit: Seam finishes are recommended on all exposed seams (except knits and non-raveling specialty fabrics). Interfacing, understitching, and trimming should be used when appropriate. *In addition, choose at least 6 of these skills:*

- | | | |
|--|---|---|
| <input type="checkbox"/> Make Darts | <input type="checkbox"/> Add facing | <input type="checkbox"/> Add inseam pockets |
| <input type="checkbox"/> Make a neckband | <input type="checkbox"/> Add lining | <input type="checkbox"/> Add patch pockets |
| <input type="checkbox"/> Make sleeves | <input type="checkbox"/> Add gathers | <input type="checkbox"/> Add front hip pockets |
| <input type="checkbox"/> Make self enclosed seams | <input type="checkbox"/> Add plackets | <input type="checkbox"/> Attach cuffs |
| <input type="checkbox"/> Make button loops | <input type="checkbox"/> Add boning | <input type="checkbox"/> Apply ribbing |
| <input type="checkbox"/> Make bound buttonholes | <input type="checkbox"/> Add lapels | <input type="checkbox"/> Apply trim |
| <input type="checkbox"/> Make machine buttonholes | <input type="checkbox"/> Add vents | <input type="checkbox"/> Apply machine or hand appliqué |
| <input type="checkbox"/> Make self-covered buttons | <input type="checkbox"/> Add a collar | <input type="checkbox"/> Apply machine topstitching |
| <input type="checkbox"/> Make pleats | <input type="checkbox"/> Add underlining | <input type="checkbox"/> Apply machine embroidery |
| <input type="checkbox"/> Make ruffles | <input type="checkbox"/> Add a drawstring | <input type="checkbox"/> Insert piping |
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| <input type="checkbox"/> Make shoulder pads | <input type="checkbox"/> Add a waistband | <input type="checkbox"/> Insert an invisible zipper |
| <input type="checkbox"/> Insert a separating zipper | <input type="checkbox"/> Do a hand-stitched hem | <input type="checkbox"/> Match fabric design |
| <input type="checkbox"/> Insert a lapped zipper | <input type="checkbox"/> Do a machine-topstitch hem | <input type="checkbox"/> Sew on buttons |
| <input type="checkbox"/> Insert a fly front zipper | <input type="checkbox"/> Do a machine blind hem | <input type="checkbox"/> Sew with knits |
| <input type="checkbox"/> Insert a hand picked zipper | <input type="checkbox"/> Construct with a serger | <input type="checkbox"/> Sew with difficult fabric |
| <input type="checkbox"/> Do hand beading | <input type="checkbox"/> Use specialty thread | <input type="checkbox"/> Use twin needle |
| <input type="checkbox"/> Do machine or hand quilting | <input type="checkbox"/> Create bound edges | <input type="checkbox"/> Use fiberfill and/or batting |
| <input type="checkbox"/> Hand/machine beading | <input type="checkbox"/> Coordination of fabric for quilting item | <input type="checkbox"/> Use shaped seams |
| <input type="checkbox"/> Make a reversible item | <input type="checkbox"/> Piece quilted item | <input type="checkbox"/> Apply machine embroidery |
| | | <input type="checkbox"/> Other skills not listed |

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| <input type="checkbox"/> Do hand beading | <input type="checkbox"/> Use specialty thread | <input type="checkbox"/> Use twin needle |
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| | | <input type="checkbox"/> Other skills not listed |