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 5 or more new skills you did this year.

   ☐ Make darts  ☐ Insert piping  ☐ Sew on buttons
   ☐ Attach cuffs  ☐ Insert a lapped zipper  ☐ Make buttonholes
   ☐ Set in sleeves  ☐ Insert an invisible zipper  ☐ Apply inseam pockets
   ☐ Apply binding  ☐ Insert a separating zipper  ☐ Apply patch pockets
   ☐ Sew facing  ☐ Insert a fly front zipper  ☐ Apply front hip pockets
   ☐ Sew lining  ☐ Construct with a serger  ☐ Use a twin needle
   ☐ Apply ribbing  ☐ Do machine quilting  ☐ Apply tucks/pleats
   ☐ Apply ruffles  ☐ Do a hand-stitched hem  ☐ Use fiberglass
   ☐ Apply a collar  ☐ Do a machine topstitched hem  ☐ Apply trims
   ☐ Apply machine or hand appliqué  ☐ Do a machine blind hem  ☐ Apply machine embroidery
   ☐ Apply machine topstitching  ☐ Match fabric design

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

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<tr>
<th>Activity</th>
<th>What I learned</th>
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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.

   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 ________________
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.

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

5. List the learning activities (from pages 5-6) you completed and briefly tell what you learned.

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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. _____________________________________________________________________________________

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

   Signature of Helper/Leader ____________________________ Date ________________