

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 _____