



Clothing STEAM Level 3 A Stitch Further

Mastering these sewing skills will provide a solid foundation upon which the member may build skills. To achieve success in this project the skills listed below will help 4-H leaders know what to teach and 4-H member to know what they need to learn. Have your leader initial and date each skill as completed. Each level may take more than one year to complete. You need to be able to check off 10-12 skills each year. 4-H member must complete Level 1 before beginning Level 2 and complete Level 2 before beginning Level 3, or have club leader and/or 4-H Professional approval to advance a level.

Level 3 Fundamentals (complete a minimum of 10 skills each year for completion.)	Date Completed	Approved By
1. Use a serger	_____	_____
2. Thread a serger	_____	_____
3. Able to use three types of pressing tools	_____	_____
4. Identify fabrics insulation properties	_____	_____
5. Make one laundry detergent	_____	_____
6. Identify how laundry additives affect detergent cleaning abilities	_____	_____
7. Test and identify which fabrics are best choice for a swimsuit	_____	_____
8. Adjust a pattern for a fitting shell to create a pattern that perfectly fits your body	_____	_____
9. Identify two types of interfacing	_____	_____
10. Create an interfacing sample book	_____	_____
11. Determine when garments require lining	_____	_____
12. Identify three types of lining	_____	_____
13. Use pressing techniques appropriate for wool	_____	_____
14. Use pressing techniques appropriate for velvet, vinyl and/or leather	_____	_____
15. Complete a bodice using vinyl or leather	_____	_____
16. Calculate the amount of yardage needed for a patterned fabric	_____	_____

- | | | |
|--|-------|-------|
| 17. Apply elements of design to pattern and fabric selection | _____ | _____ |
| 18. Identify fabric and notions that can be reused | _____ | _____ |
| 19. Sew a garment or accessory from reused materials | _____ | _____ |
| 20. Sew a French seam | _____ | _____ |
| 21. Sew a flat felled seam finish | _____ | _____ |
| 22. Create two samples of methods to install boning | _____ | _____ |
| 23. Create three types of rolled hems (using a serger, sewing machine and hand sewing) | _____ | _____ |
| 24. Sew an invisible zipper | _____ | _____ |
| 25. Practice three tailoring techniques | _____ | _____ |
| 26. Sew a bound buttonhole | _____ | _____ |
| 27. Sew a Hong Kong seam finish | _____ | _____ |
| 28. Create a sample hand sewn zipper | _____ | _____ |
| 29. Sew French tacks in a sample | _____ | _____ |
| 30. Develop a business name and logo | _____ | _____ |
| 31. Research how to trademark | _____ | _____ |
| 32. Research patent laws | | |
| 33. Research how to write a business plan | _____ | _____ |
| 34. Write your own business plan | _____ | _____ |
| 35. Learn how to accessorize an outfit | _____ | _____ |