Clothing Construction

IDAHO 4-H CLOTHING CONSTRUCTION PORTFOLIO
Idaho 4-H Clothing Construction Portfolio

The Idaho 4-H Clothing Construction Portfolio is an electronically formatted manual to be used by Idaho 4-H members who are enrolled in a 4-H Clothing Construction Project. The projects are available to anyone ages 8-18 regardless of their level of sewing skills. Project completion is accomplished by youth working in partnership with an adult mentor while engaging in activities in their club. 4-H members are encouraged to utilize the listed curriculum to complete their portfolio.

This portfolio is intended to replace the 4-H record book as well as the manual. 4-H members, leaders and mentors will utilize 4-H Sewing Curriculum for education and activities to complete. Each member will fill out an activity sheet for the portfolio on each activity completed from a curriculum manual.

Clothing Construction Mentor

Adult mentors play an important role in the success of youth involved in clothing projects. Sewing leaders and/or mentors should be willing to advise, encourage, listen to and teach the youth member. This partnership will help determine what activities are chosen and confirm they are completed.

Resources

STEAM Clothing 1 Fundamentals
STEAM Clothing 2 Simply Sewing
STEAM Clothing 3 A Stitch Further
STEAM Clothing Beyond the Needle

Sewing Expressions Under Construction
Sewing Expressions Fashion Forward
Sewing Expressions Refine Design

Acknowledgments

Many colleagues have taken time to review the portfolio. Special thanks goes out to University of Idaho Extension, county 4-H Professionals and 4-H Volunteers in Idaho.
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Project Requirements

Refer to county and state project requirements for information on what needs to be done for project completion.

4-H Clothing Construction Portfolio Instructions

A portfolio is a great way to display your work along with being able to review it and reflect on it. It is preferred if you use a report cover or presentation book to put portfolio materials in. Below are some general guidelines

1. Create a cover page that illustrates your unique personality and the purpose of your portfolio. This will be the front cover of your portfolio so be sure to include the title “4-H Clothing Construction Portfolio” and your name and county.
2. Create dividers that will help you organize your work. As you collect your work, put it in order of activity completed.
3. Be sure that your portfolio is neat and be sure to check spelling.
4. As you collect your work, place it into clear plastic sleeves next to the portfolio activity sheet.

What goes inside?

- **Project Identification** – This page is so that 4-H staff, volunteers and judges know what clothing construction curriculum you used and what year you are in.
- **Planning Sheet** – This sheet is intended to help you set goals for your project and attain them.
- **How did I do?** – This page is for you to look at your goals and achievements in this project and decide how you did.
- **Oral Presentation or Illustrated Talk** – This page allows you to describe your demonstration to the judge.
- **Project Information and Activity Log** - Include all dates of meetings and the skills/activity worked on. This will allow the judge and leaders to see if you completed the required number of meetings/activities.
- **Activities** – complete a Portfolio Activity Page for each activity you complete with a sewing sample or picture. **Photocopy activity questions from manual and insert into portfolio.**
- **Project Inventory and Expenses** – this sheet is to help you have an understanding of how much your project has cost and what kind of inventory you have collected.
- **About My 4-H Year** – this page is intended to help the judge get to know you as a 4-Her and what you learned in your 4-H project.
LEFT BLANK
Project Identification

Name: ________________________________

Age as of January 1st: __________ Date of Birth (MM/DD/YY): __________

Address: ____________________________________________________________

City: __________________________ Zip: __________________________

School or 4-H Club: ____________________________________________________

Years in 4-H: __________ Years in Clothing Construction: __________

Clothing Construction Curriculum Used:

____________________________________________________________________________________

Level: __________________________

Years in this Construction Curriculum: __________

I have personally prepared or reviewed this portfolio and believe it to be correct:

Signed ________________________________ Date: __________

(Club Member)

Signed ________________________________ Date: __________

(Parent or Guardian)

Signed ________________________________ Date: __________

(Leader)
Portfolio Planning Sheet

My goal(s) for this year:

__________________________________________________________________________________________________________
__________________________________________________________________________________________________________
__________________________________________________________________________________________________________
__________________________________________________________________________________________________________
__________________________________________________________________________________________________________

Use this form to create a plan for meeting your goal(s). Having an estimated idea of when you should work on each step will help you keep track. Knowing what supplies you may need will help keep you organized. **Juniors required to complete one “to do”, Intermediates required to complete two and Seniors are required to complete three.**

<table>
<thead>
<tr>
<th>What do you want to do?</th>
<th>When will you do it?</th>
<th>What do you need?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<tr>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

For Example: If your goal is to learn to sew, your table might look like this:

<table>
<thead>
<tr>
<th>What do you want to do?</th>
<th>When will you do it?</th>
<th>What do you need?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn the parts of a sewing machine</td>
<td>During 4-H Club meeting</td>
<td>Project manual, sewing machine</td>
</tr>
<tr>
<td>Use seam practice sheets</td>
<td>During 4-H club meeting</td>
<td>Sewing machine, practice sheets</td>
</tr>
<tr>
<td>Sew a skirt</td>
<td>During 4-H club meetings and at home</td>
<td>Sewing machine, thread, material</td>
</tr>
</tbody>
</table>
How did I do?

Take a look at the goal(s) you listed above at the beginning of the project. How did you do?

**Circle one:** Excellent  Very Well  Ok  Could Have Done Better

Explain:

_________________________________________________________________________________________________

_________________________________________________________________________________________________

_________________________________________________________________________________________________

Answer the following questions based on your project year:

What difficulties or challenges did you have with this project?

_________________________________________________________________________________________________

_________________________________________________________________________________________________

_________________________________________________________________________________________________

What do you need to improve on?

_________________________________________________________________________________________________

_________________________________________________________________________________________________

_________________________________________________________________________________________________

How would you use the skills you learned with this project in the future?

_________________________________________________________________________________________________

_________________________________________________________________________________________________

_________________________________________________________________________________________________
Insert Project Skills Checklist Here
Project Oral Presentation (Speech, Demonstration, or Illustrated Talk)

Title: _________________________________________________________________________________________

Date Given: _____________________________________________________________________________________

Materials Used (posters, equipment, etc.):

_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________

Describe the content of the demonstration, using 4-5 sentences or more:

_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
Pictures of Oral Presentation:
Project Information and Activity Log: Record what you learned or did that relates to this project. Please include activities that will be done at the fair.

Example Entries:

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/1</td>
<td>I attended a club meeting where I learned to read a pattern.</td>
</tr>
<tr>
<td>5/15</td>
<td>I attended a club meeting where I learned the parts of a sewing machine.</td>
</tr>
<tr>
<td>5/20</td>
<td>I attended my club's service project to clean up trash along the river.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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</tbody>
</table>
LEFT BLANK
Reproduce Pages 15 & 16 as necessary for required activities.

Name of Activity: __________________________________________________________

Date Completed: ______________

Pictures and/or Samples:
Reflection Questions: Photocopy questions from the STEAM manual for the activity completed and insert. If there are no questions from the manual, complete the questions below. Write 1-2 full sentences to answer each question.

What did you enjoy about completing this activity?

_________________________________________________________________________________________________

_________________________________________________________________________________________________

_________________________________________________________________________________________________

What difficulties or challenges did you have with this activity?

_________________________________________________________________________________________________

_________________________________________________________________________________________________

_________________________________________________________________________________________________

How can you use the skill you learned today in the future?

_________________________________________________________________________________________________

_________________________________________________________________________________________________

_________________________________________________________________________________________________
Project Expense Record:

**Use this guide in filling out your 4-H Project and Exhibit Inventory and Expenses on the chart below.**

For a sewing project: sewing machine, notions, patterns, interfacing, etc.

<table>
<thead>
<tr>
<th>Description of equipment and miscellaneous items. Please subtract income from expenses.</th>
<th>Cost/Approximate Value or Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>On Hand</td>
<td>Borrowed</td>
</tr>
<tr>
<td>x</td>
<td>Sewing machine</td>
</tr>
<tr>
<td>x</td>
<td>Thread</td>
</tr>
<tr>
<td>x</td>
<td>Seam ripper</td>
</tr>
<tr>
<td>x</td>
<td>Cutting mat</td>
</tr>
<tr>
<td>x</td>
<td>Material for Skirt</td>
</tr>
<tr>
<td>x</td>
<td>Elastic waist band</td>
</tr>
<tr>
<td>x</td>
<td>Rotary Cutter</td>
</tr>
</tbody>
</table>

**TOTAL** $99.62

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**4-H Project and Exhibit Inventory, Expenses**

<table>
<thead>
<tr>
<th>Description of equipment and miscellaneous items. Please subtract income from expenses.</th>
<th>Cost/Approximate Value or Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>On Hand</td>
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</tbody>
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**TOTAL**
More About My 4-H Year

Some of my favorite project activities were:

_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________

This year, I learned:

_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________

Did you exhibit or participate in any contests or events with your clothing construction project?

_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________

Next year, I want to learn about:

_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________