



University of Idaho
Extension

Clothing Construction

IDAHO 4-H CLOTHING CONSTRUCTION PORTFOLIO

Created by:

Grace Wittman, University of Idaho Extension Educator, Cassia County

Rhea Lanting, University of Idaho Extension Educator, Twin Falls County

Rosie Davids, University of Idaho 4-H Program Coordinator, Cassia County

Deborah Lowber, Idaho 4-H Youth Development Volunteer, Canyon County

Kim Monk, Idaho 4-H Youth Development Volunteer, Latah County

Erika Thiel, Idaho 4-H Youth Development Program Specialist

Published and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914, by University of Idaho Extension and the U.S. Department of Agriculture cooperating.

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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.

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Project Identification

Year: _____

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.**

What do you want to do?	When will you do it?	What do you need?

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

What do you want to do?	When will you do it?	What do you need?
Learn the parts of a sewing machine	During 4-H Club meeting	Project manual, sewing machine
Use seam practice sheets	During 4-H club meeting	Sewing machine, practice sheets
Sew a skirt	During 4-H club meetings and at home	Sewing machine, thread, material

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:

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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?

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:
