

Sewing Skills Checklist

WASHINGTON STATE UNIVERSITY EXTENSION • C0677E



4-H 

WASHINGTON STATE UNIVERSITY
EXTENSION

INTRODUCTION

Learning to sew is fun and rewarding! As with most things, the more sewing you do, the more skilled you'll become. Some techniques you will do frequently and feel confident of your mastery of them. However, sewing is an art where you will never learn all there is to know. What is important is to continue learning new skills and techniques.

This publication is designed for 4-H'ers enrolled in the Clothing Program. Its purpose is to help you plan sewing activities to constantly stretch your sewing abilities. Numerous sewing skills are listed, beginning with the basics and moving toward the more advanced. It is divided to correspond to the three Washington 4-H Clothing and Textiles projects: "Fun With Clothes," pg. 2; "Clothing Capers," pg.7; and "Clothes That Click," pg. 15. Keep the *Sewing Skills Checklist* as part of your records throughout your 4-H sewing years. By maintaining this record, you will see your sewing progress.

Using the *Checklist* is a 3-step process:

1. At the beginning of each 4-H year, go through the list of skills for the project you are enrolled in. Place a check (✓) in the "Skills I Know" column for all the skills listed you feel confident in doing.
2. Choose skills you want to learn or improve in the current 4-H year. Discuss these with your 4-H leader and parents. Determine what garments/items you will sew to learn those skills. Then check (✓) the skills you want to learn in the "Skills to Learn or Improve" column.
3. Once a skill is learned, place the date in the "New Skills Learned" column. You can also make a note of the sewing project where you applied the skill.

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|----------------------------|---------------|----------------------------|--|
| Use self-bias | | ✓ | 9/98 (<i>red checked jumper</i>) |
| Attach round patch pockets | | ✓ | 6/97 (<i>green print camp shirt</i>) |

Be sure to refer to the publication, PNW0197, *Measuring Up: Quality Standards in Sewn Items*, to evaluate your newly learned skills. It lists and describes specific characteristics that can be expected in high-quality construction. To evaluate your project using PNW0197, look up the different construction techniques (listed in alphabetical order) that you used. Compare your sewn item with the listed characteristics of high-quality construction. Many techniques can produce the same result. You may want to try several techniques for the same skill and determine which you like best. All may produce quality results, but one method may be easier for you to do than another.

Looking back over what you have learned in 4-H sewing will give you a great feeling of pride. Enjoy your experiences and keep a good record of your accomplishments. This publication will help you do just that!!

HAPPY SEWING!!

CREATIVITY: SEWING SKILLS CHECKLIST

"FUN WITH CLOTHES"

| Skills List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|---|---------------|----------------------------|--------------------------------------|
| Sewing Tools & Machines | | | |
| Sewing Tools Identify & use: | | | |
| Scissors/shears/pinking shears | | | |
| Pins & pin cushion | | | |
| Thimble | | | |
| Needles—hand & machine | | | |
| Marking tools | | | |
| Measuring tools—ruler, tape measure, seam gauge, etc. | | | |
| Seam ripper | | | |
| Sewing Machine Be able to: | | | |
| Name parts of the machine | | | |
| Thread machine | | | |
| Fill & insert bobbin | | | |
| Change machine needle | | | |
| Recognize balanced stitching | | | |
| Control speed | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|-----------------------------------|
| Control fabric while running the sewing machine | | | |
| Change the length of the straight stitch | | | |
| Change the length & width of the zigzag stitch | | | |
| Change the settings to stretch stitching | | | |
| Know the proper use of straight, basting, zigzag, & stretch stitches | | | |
| Use the seam guide on the machine | | | |
| Pivot | | | |
| Use good habits: proper lighting, good posture, clean-up skills | | | |
| Fabric Knowledge & Skills | | | |
| Be able to recognize: | | | |
| Difference between a knit & a woven | | | |
| Solid fabric | | | |
| Print fabric | | | |
| Striped fabric | | | |
| Plaid fabric | | | |
| Lengthwise grain | | | |
| Crosswise grain | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|---|---------------|----------------------------|--------------------------------------|
| Fabric grain by fringing fabric edge | | | |
| Bias | | | |
| Selvage | | | |
| Appropriate fabric choice for pattern | | | |
| Matching thread | | | |
| Pattern Knowledge & Skills | | | |
| Be able to: | | | |
| Select an appropriate fabric for pattern | | | |
| Lay out pattern | | | |
| Cut out pattern | | | |
| Construction Knowledge & Skills | | | |
| Pre-treatment/Pressing Be able to: | | | |
| Pre-treat fabric | | | |
| Press seams | | | |
| Final press | | | |
| Machine Sewing Be able to: | | | |
| Sew a straight seam | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|------------------------------------|---------------|----------------------------|--------------------------------------|
| Sew a square corner | | | |
| Sew a curved seam | | | |
| Backstitch at ends of seams | | | |
| Sew an edgestitch finish on seams | | | |
| Sew a zigzag finish on seams | | | |
| Trim seams | | | |
| Sew casing for elastic | | | |
| Machine hem | | | |
| Hand Sewing Be able to: | | | |
| Thread a needle | | | |
| Tie a knot | | | |
| Use a thimble | | | |
| Use a variety of hand stitches — | | | |
| • Basting stitch | | | |
| • Blind stitch | | | |
| • Overhand stitch | | | |
| • Running stitch | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|---|---------------|----------------------------|--------------------------------------|
| Fabric Care Knowledge & Skills | | | |
| Fabric Care Be able to: | | | |
| Sew in care labels | | | |
| Replace buttons | | | |
| Repair broken seams | | | |
| List Additional Skills Learned | | | |
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CREATIVITY: SEWING SKILLS CHECKLIST

"CLOTHING CAPERS"

If you are 9 to 11 years old and enrolled for the first time in a sewing project, you need to refer to and learn the basic sewing skills listed in the "Fun With Clothes" section of this *Sewing Skills Checklist*. As you learn the basics you can also work on the skills listed in "Clothing Capers." Remember sewing is a skill that you keep building on the more you sew. Enjoy learning by sewing!

| Skills List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|--------------------------------------|
| Sewing Tools & Machines | | | |
| Sewing Machine Be able to: | | | |
| Recognize balanced tension | | | |
| Adjust upper tension | | | |
| Adjust presser foot pressure | | | |
| Recognize & use special stitches on your machine | | | |
| Use a zipper foot | | | |
| Change the light bulb | | | |
| Clean & oil machine | | | |
| List new sewing tools used: | | | |
| | | | |
| | | | |
| Serger Be able to: | | | |
| Recognize balanced tension | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|--------------------------------------|
| Sew a seam | | | |
| Adjust tension | | | |
| Adjust stitch width & length | | | |
| Change needles | | | |
| Clean & oil machine | | | |
| Pattern Knowledge & Skills | | | |
| Pattern Knowledge & Skills Be able to: | | | |
| Take body measurements | | | |
| Determine pattern size & type | | | |
| Compare body measurements to pattern measurements | | | |
| Determine the amount of fabric needed to construct an item | | | |
| Use pattern pieces & markings | | | |
| Lay out pattern on fabric using pattern guide | | | |
| Pin & cut out garment | | | |
| Transfer pattern markings to fabric using a variety of methods — | | | |
| <ul style="list-style-type: none"> • Marking pens | | | |
| <ul style="list-style-type: none"> • Pins | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|--------------------------------------|
| • Tailor's chalk | | | |
| • Tailor's tacks | | | |
| • Tracing wheel & carbon paper | | | |
| Follow pattern guide | | | |
| Fabric Knowledge & Selection | | | |
| Fabric Knowledge Recognize: | | | |
| Fiber to yarn to fabric relationship | | | |
| Differences between knit, woven, & non-woven fabrics | | | |
| Fiber content & characteristics | | | |
| Weaves—plain, satin, twill | | | |
| Fabric finishes | | | |
| Suitable fabric choice for pattern | | | |
| Notions & trim needed | | | |
| Differences between sewing with a knit & a woven | | | |
| Information found on labels & hang tags | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|---|---------------|----------------------------|--------------------------------------|
| Construction Knowledge & Skills | | | |
| Construction Be able to: | | | |
| Pre-treat fabric & notions | | | |
| Fit by making minor pattern adjustments | | | |
| Staystitch with grain of fabric | | | |
| Use a variety of interfacings — | | | |
| • Non-fusible | | | |
| • Fusible | | | |
| Machine baste | | | |
| Use different seam constructions — | | | |
| • Plain | | | |
| • Flat felled | | | |
| • French | | | |
| • Stretch stitch | | | |
| Use different seam finishes on a plain seam — | | | |
| • Clean finish (turn under edge & stitch) | | | |
| • Pinked | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|-----------------------------|---------------|----------------------------|-----------------------------------|
| • Zigzag | | | |
| Reinforce seams | | | |
| Trim & grade enclosed seams | | | |
| Clip inward curve | | | |
| Stitch darts | | | |
| Apply facings | | | |
| Understitch | | | |
| Stitch in the ditch | | | |
| Apply lapped zipper | | | |
| Apply centered zipper | | | |
| Apply an invisible zipper | | | |
| Construct kimono sleeves | | | |
| Put in set-in sleeves | | | |
| Reinforce sleeve seam | | | |
| Apply cuffs | | | |
| Make sleeve plackets | | | |
| Attach a collar | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|---|---------------|----------------------------|-----------------------------------|
| <ul style="list-style-type: none"> Point turning | | | |
| <ul style="list-style-type: none"> Understitching | | | |
| Make gathers & ruffles | | | |
| Apply yokes | | | |
| Attach waistband | | | |
| Attach patch pockets with rounded corners | | | |
| Attach patch pockets with square corners | | | |
| Construct belt & belt loops | | | |
| Topstitch | | | |
| Attach fasteners — | | | |
| <ul style="list-style-type: none"> Buttons with built-in shank | | | |
| <ul style="list-style-type: none"> Buttons with thread shank | | | |
| <ul style="list-style-type: none"> Hooks & eyes | | | |
| <ul style="list-style-type: none"> Snaps | | | |
| <ul style="list-style-type: none"> Decorative snaps | | | |
| <ul style="list-style-type: none"> Nylon hook & loop tape | | | |
| Use hem variations — | | | |
| <ul style="list-style-type: none"> Hem by hand | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|--------------------------------------|
| <ul style="list-style-type: none"> Machine hem using regular stitch | | | |
| <ul style="list-style-type: none"> Machine hem using blind hem | | | |
| <ul style="list-style-type: none"> Apply trim | | | |
| <ul style="list-style-type: none"> Use self-made bias | | | |
| Make pants — | | | |
| <ul style="list-style-type: none"> Reinforce crotch seam | | | |
| <ul style="list-style-type: none"> Apply fly zipper | | | |
| <ul style="list-style-type: none"> Use fly front guard | | | |
| Sew stretchy knits — | | | |
| <ul style="list-style-type: none"> Construct seams with stretch | | | |
| <ul style="list-style-type: none"> Construct seams for stability (taping) | | | |
| <ul style="list-style-type: none"> Apply ribbing | | | |
| <ul style="list-style-type: none"> Stitch in the ditch | | | |
| Pressing — | | | |
| <ul style="list-style-type: none"> Press as you sew | | | |
| <ul style="list-style-type: none"> Press darts | | | |
| <ul style="list-style-type: none"> Final press | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|---|---------------|----------------------------|--------------------------------------|
| Care Knowledge & Skills | | | |
| Care Be able to: | | | |
| Sew in care label | | | |
| Repair seams, hems, replace missing fasteners | | | |
| Sort clothes for laundry | | | |
| Operate washer & dryer | | | |
| List Additional Skills Learned | | | |
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CREATIVITY: SEWING SKILLS CHECKLIST

"CLOTHES THAT CLICK"

If you are 12 to 18 years old and enrolled for the first time in a sewing project, you need to refer to and learn the basic sewing skills listed in the "Fun With Clothes" and "Clothing Capers" sections of this *Sewing Skills Checklist*. As you learn the basics you can also work on the skills listed in the "Clothes That Click." Remember sewing is a skill that you keep building on the more you sew. Enjoy learning by sewing!

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|--------------------------------------|
| Sewing Tools & Machines | | | |
| Sewing/Pressing Tools Identify & Use: | | | |
| Rotary cutter & mats | | | |
| Pattern weights | | | |
| Specialized rulers | | | |
| Correct pins for fabric type | | | |
| Types of hand sewing needles — | | | |
| • Sharps | | | |
| • Betweens | | | |
| • Crewels | | | |
| A variety of marking pens & pencils | | | |
| Pressing cloth | | | |
| Pressing ham | | | |
| Press mitt | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|---|---------------|----------------------------|-----------------------------------|
| Seam roll | | | |
| Sleeve board | | | |
| Point press | | | |
| Pounding block (clapper) | | | |
| List other sewing tools you used: | | | |
| | | | |
| | | | |
| | | | |
| Sewing Machine Be able to: | | | |
| Select the correct needle, size, & type — | | | |
| • Universal | | | |
| • Ball point | | | |
| • Twin | | | |
| • Topstitching | | | |
| • Stretch | | | |
| • Leather/wedge | | | |
| • Wing | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|--------------------------------------|
| Adjust upper & lower tension | | | |
| Use special stitches for seam finishes | | | |
| Machine blind hem | | | |
| Use the multiple zigzag features | | | |
| Use stretch stitch | | | |
| Use decorative stitches | | | |
| Identify & use a variety of sewing machine feet/attachments — | | | |
| <ul style="list-style-type: none"> • Straight stitch foot | | | |
| <ul style="list-style-type: none"> • Zigzag foot (multi-purpose foot) | | | |
| <ul style="list-style-type: none"> • Zipper foot | | | |
| <ul style="list-style-type: none"> • Satin stitch foot | | | |
| <ul style="list-style-type: none"> • Blind hem foot | | | |
| <ul style="list-style-type: none"> • Roller foot | | | |
| <ul style="list-style-type: none"> • Pin tucking foot | | | |
| <ul style="list-style-type: none"> • Ruffler | | | |
| <ul style="list-style-type: none"> • Quilting foot | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|---|---------------|----------------------------|--------------------------------------|
| Serger Be able to: | | | |
| Sew a balanced stitch | | | |
| Finish seams | | | |
| Use decorative threads | | | |
| Change feet/plates/stitches for different applications — | | | |
| <ul style="list-style-type: none"> • Flatlock | | | |
| <ul style="list-style-type: none"> • Rolled edge | | | |
| <ul style="list-style-type: none"> • Specialty feet | | | |
| Secure the thread tails using different methods — | | | |
| <ul style="list-style-type: none"> • Seam sealant | | | |
| <ul style="list-style-type: none"> • Knot & clip | | | |
| <ul style="list-style-type: none"> • Thread back through stitching | | | |
| Use serger gathering | | | |
| Read & follow the instruction manual | | | |
| Pattern Knowledge & Skills | | | |
| Pattern Knowledge & Skills Be able to: | | | |
| Select the correct pattern size | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|---|---------------|----------------------------|--------------------------------------|
| Know ease requirements | | | |
| Make necessary pattern alterations | | | |
| Lay out a pattern "with nap" | | | |
| Lay out a pattern "without nap" | | | |
| Transfer pattern markings to fabric | | | |
| Combine different patterns into one garment | | | |
| Use a multi-sized pattern | | | |
| Use a master pattern (needs to be traced) | | | |
| Use a pattern without seam allowances printed on the pattern | | | |
| Use a pattern with 1/4" seam allowances | | | |
| Fabric Knowledge & Selection | | | |
| Know the difference between fibers & fabrics | | | |
| Understand fiber characteristics | | | |
| Use fabrics made from a variety of fibers (either as blends or 100%): | | | |
| Acetate | | | |
| Acrylic | | | |
| Cotton | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|----------------------------------|---------------|----------------------------|--------------------------------------|
| Linen | | | |
| Lyocell | | | |
| Nylon | | | |
| Polyester | | | |
| Ramie | | | |
| Rayon | | | |
| Silk | | | |
| Spandex | | | |
| Specialty hair fibers | | | |
| Triacetate | | | |
| Wool | | | |
| Use a variety of fabrics: | | | |
| Design fabrics — | | | |
| • Stripes | | | |
| • Plaids | | | |
| • 1-way prints | | | |
| • Border print designs | | | |
| • Pre-shirred fabric | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|-------------------------|---------------|----------------------------|--------------------------------------|
| • Pre-pleated fabric | | | |
| Pile & napped fabrics — | | | |
| • Terry cloth | | | |
| • Corduroy | | | |
| • Velvet/velveteen | | | |
| • Velour | | | |
| • Leather/leather-like | | | |
| • Suede/suede-like | | | |
| • Fur/fake fur | | | |
| • Fleece | | | |
| • Brushed fabric | | | |
| • Chenille | | | |
| • Felt | | | |
| • Melton | | | |
| Outerwear — | | | |
| • Outdoor nylons | | | |
| – Ripstop | | | |
| – Taffeta | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|-----------------------------|---------------|----------------------------|--------------------------------------|
| • Coated fabric | | | |
| • Canvas | | | |
| • Pack cloth | | | |
| • Reversible quilted fabric | | | |
| • 1-sided quilted fabric | | | |
| • Vinyl | | | |
| • Waterproof laminate | | | |
| • Ski-stretch | | | |
| • Stretch fabric inserts | | | |
| Knits — | | | |
| • Single knit | | | |
| • Double knit | | | |
| • Tricot | | | |
| • Interlock knit | | | |
| • Sweater knit | | | |
| • Rib knit | | | |
| • Raschel knit | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|---------------------------------|---------------|----------------------------|-----------------------------------|
| • Stretch velour | | | |
| • Design double knit (jacquard) | | | |
| • Stretch terry knit | | | |
| • Tubular knit | | | |
| Specialty Fabrics — | | | |
| • Crepe | | | |
| • Charmeuse | | | |
| • Satin | | | |
| • Brocade | | | |
| • Eyelet embroidery | | | |
| • Metallic cloth | | | |
| • Beaded or sequined fabric | | | |
| • Faille | | | |
| • Georgette | | | |
| • Organdy | | | |
| • Lamé | | | |
| • Moiré | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|----------------------------|---------------|----------------------------|--------------------------------------|
| • Tulle | | | |
| • Lace | | | |
| Miscellaneous Fabrics — | | | |
| • Batiste | | | |
| • Broadcloth | | | |
| • Challis | | | |
| • Chambray | | | |
| • Chino | | | |
| • Chinz | | | |
| • Denim | | | |
| • Double-cloth/double-face | | | |
| • Duck | | | |
| • Flannel | | | |
| • Gabardine | | | |
| • Noil | | | |
| • Oxford | | | |
| • Polished cloth | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|--------------------------------------|
| • Poplin | | | |
| • Pique | | | |
| • Quilted fabric | | | |
| • Recycled fabric | | | |
| • Seersucker | | | |
| • Shantung | | | |
| • Tapestry | | | |
| List additional fabrics studied & used: | | | |
| | | | |
| | | | |
| | | | |
| Use a variety of interfacings: | | | |
| Sew-in interfacing — | | | |
| • Woven | | | |
| • Non-woven | | | |
| • Knit | | | |
| Fusible interfacing — | | | |
| • Woven | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|-----------------------------------|
| • Non-woven | | | |
| • Knit | | | |
| • Low temperature | | | |
| • Weft-insertion | | | |
| • Warp-insertion | | | |
| Fusible web | | | |
| Use a variety of specialty threads: | | | |
| Metallic/silver/foil | | | |
| Pearl | | | |
| Rayon | | | |
| Topstitching/buttonhole twist | | | |
| Transparent (nylon filament) | | | |
| Yarn | | | |
| Construction Knowledge & Skills | | | |
| Pressing Skills Be able to: | | | |
| Finger press | | | |
| Use a press cloth | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|--------------------------------------|
| Use a variety of pressing tools (refer to previous tool section) | | | |
| List additional pressing skills used: | | | |
| | | | |
| | | | |
| | | | |
| Construction Skills Be able to: | | | |
| Use different seam construction methods — | | | |
| • Double-stitched | | | |
| • Lapped | | | |
| • Mock fell (welt) | | | |
| • Serged | | | |
| Use a variety of seam finishes/treatments — | | | |
| • Bound | | | |
| • Hong Kong | | | |
| • Sear | | | |
| • Serge | | | |
| • 3-step zigzag | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|---|---------------|----------------------------|--------------------------------------|
| Reinforce | | | |
| Reduce bulkiness in seams | | | |
| List other seams or seam finishes used: | | | |
| | | | |
| | | | |
| | | | |
| Use a variety of darts — | | | |
| • Straight dart | | | |
| • Curved dart | | | |
| • 2-ended dart | | | |
| • Dart in heavy fabric (trimmed to eliminate bulk) | | | |
| • Dart in sheer fabric | | | |
| Use a variety of necklines — | | | |
| • Round neckline | | | |
| – Ribbing | | | |
| – Turned & stitched | | | |
| – Bias bound | | | |
| – Center front slit | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|-----------------------------------|---------------|----------------------------|--------------------------------------|
| – Faced | | | |
| • Square neckline | | | |
| – Faced | | | |
| – Mitered corners | | | |
| • V-neckline | | | |
| – Faced | | | |
| – Ribbing | | | |
| • Tabs & tab openings | | | |
| • Tie necklines | | | |
| • Bateau | | | |
| – Faced | | | |
| – Turned & stitched | | | |
| • Keyhole | | | |
| • 1-piece neck & armhole facing | | | |
| List other necklines used: | | | |
| | | | |
| | | | |
| | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|---|---------------|----------------------------|--------------------------------------|
| Construct & attach different collars — | | | |
| • Mock turtleneck | | | |
| • Turtleneck | | | |
| • Cowl | | | |
| • Square | | | |
| • Pointed | | | |
| • Shawl | | | |
| • Scalloped | | | |
| • Sailor collar | | | |
| • Shirt-style collar with band | | | |
| • Shirt-style collar with separate band | | | |
| • Ruffle collar | | | |
| • Stand-up mandarin collar | | | |
| • Tie collar | | | |
| • 1-piece flat collar | | | |
| • Hood | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|-----------------------------------|---------------|----------------------------|--------------------------------------|
| List other collars used: | | | |
| | | | |
| | | | |
| | | | |
| Use a variety of fasteners — | | | |
| • Buttons & buttonholes | | | |
| • Eyelets | | | |
| • Hanging snaps | | | |
| • Self-fabric loops | | | |
| • Snap tape | | | |
| • Thread loops | | | |
| • Covered buttons | | | |
| • Covered snaps | | | |
| • Toggles & frogs | | | |
| List other fasteners used: | | | |
| | | | |
| | | | |
| | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|--------------------------------------|
| Use a variety of pocket applications — | | | |
| • Curved or shaped | | | |
| • Mitered corners | | | |
| • Bias | | | |
| • Pocket flaps | | | |
| • Slot | | | |
| • Inseam | | | |
| • Lined | | | |
| • Welt | | | |
| • Kangaroo | | | |
| List other pockets used: | | | |
| | | | |
| Use a variety of sleeve & armhole finishes — | | | |
| • Raglan | | | |
| • Drop | | | |
| • Circle or bell sleeve | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|---|---------------|----------------------------|--------------------------------------|
| • Designer gathered sleeve | | | |
| • Peasant gathered sleeve | | | |
| • Ruffle sleeve | | | |
| • Faced armhole | | | |
| • Bias bound armhole | | | |
| • Square armhole facing | | | |
| List other sleeves used: | | | |
| | | | |
| | | | |
| | | | |
| Use a variety of waistline treatments — | | | |
| • Drawstring casing | | | |
| • Contoured waistband | | | |
| • Faced waistband | | | |
| • Pleated waistline | | | |
| • Eased waistline | | | |
| • Straight yokes | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|--------------------------------------|
| • Shaped yokes | | | |
| • Waistline stay | | | |
| List other waistline or waistband treatments: | | | |
| | | | |
| | | | |
| | | | |
| Use a variety of hems — | | | |
| • Bias or circular hem | | | |
| • Slit or shirttail hem | | | |
| • Faced hem | | | |
| • Fused hem | | | |
| • Bound hem | | | |
| • Ribbing used at hemline | | | |
| • Catch stitch by hand | | | |
| • Slip stitch by hand | | | |
| • Narrow, hand-rolled hem | | | |
| • Narrow, machine-rolled hem | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|------------------------------|---------------|----------------------------|--------------------------------------|
| • Machine lettuce edge | | | |
| • Machine picot edge | | | |
| • Tailor’s hidden hem | | | |
| • Serger finished hem | | | |
| • Turned & stitched hem | | | |
| • Bands on jackets or tops | | | |
| • Use interfacing in a hem | | | |
| List other hems used: | | | |
| | | | |
| | | | |
| Use a variety of cuffs — | | | |
| • Flat, 1-piece | | | |
| • Flat, 2-piece | | | |
| • Cuff with ruffles | | | |
| • Fake cuff | | | |
| • Fitted or shaped | | | |
| • French | | | |
| • Buttoned | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|--------------------------------------|
| List other cuffs used: | | | |
| | | | |
| | | | |
| Use a variety of zipper applications — | | | |
| • Corded zipper | | | |
| • Decorative zipper | | | |
| • Exposed zipper | | | |
| • Zipper with wind flap | | | |
| • Exposed zipper with facing | | | |
| • Exposed zipper with collar | | | |
| • Exposed zipper with ribbing | | | |
| • Hand-picked zipper | | | |
| • Separating zipper | | | |
| • Zipper in a pocket | | | |
| List other zippers used: | | | |
| | | | |
| | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|-----------------------------------|
| Miscellaneous construction details — | | | |
| • Insert a lining: | | | |
| – Skirt | | | |
| – Pants | | | |
| – Jacket | | | |
| – Dress | | | |
| • Hand-sewn topstitch | | | |
| • Machine quilting | | | |
| – Free motion (with feed dogs down or covered) | | | |
| – Machine guided (with feed dogs moving the fabric) | | | |
| • Hand quilting | | | |
| • Hand embroidery | | | |
| • Machine embroidery | | | |
| – Free motion | | | |
| – Hoop (as in an attachment to a computerized machine) | | | |
| • Machine decorative stitching | | | |
| • Make a reversible item | | | |
| • Recycle old fabric into new garment or item | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|--------------------------------------|
| Use a variety of details or embellishments — | | | |
| • Appliqué | | | |
| • Bias design work | | | |
| • Braid | | | |
| • Button decor | | | |
| • Cobweb lace | | | |
| • Couching | | | |
| • Crazy patchwork | | | |
| • “Crinkle & wrinkle” | | | |
| • Fringe | | | |
| • Godets | | | |
| • Gusset | | | |
| • Insets | | | |
| • Metal studs | | | |
| • Mitered corners | | | |
| • Pinweaving | | | |
| • Piping | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|--|---------------|----------------------------|--------------------------------------|
| • Pleats | | | |
| • Rickrack | | | |
| • Sawtooth edge finish | | | |
| • Shirt yokes | | | |
| • Skirt/pant yokes | | | |
| • Stitch & slash | | | |
| • Trims applied by hand | | | |
| • Trims applied by machine | | | |
| • Tucks | | | |
| List other details used: | | | |
| | | | |
| | | | |
| | | | |
| Sew the following, using various construction skills: | | | |
| Jacket | | | |
| Coat | | | |
| Shirt | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|----------------------------------|---------------|----------------------------|--------------------------------------|
| Vest | | | |
| Blouse | | | |
| Top | | | |
| Shorts | | | |
| Culottes/split skirt | | | |
| Swimsuit | | | |
| 1-piece dress | | | |
| Formal wear | | | |
| Accessories | | | |
| Costume | | | |
| List other garments sewn: | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

| Skill List | Skills I Know | Skills to Learn or Improve | New Skills Learned Date/Item Sewn |
|---|---------------|----------------------------|--------------------------------------|
| List other sewing projects (quilts, home/room accessories, bags, home decor, etc.): | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| Care Knowledge & Skills | | | |
| Care Be able to: | | | |
| Identify & use correct care method for each item sewn | | | |
| Store off-season clothes | | | |
| Repair or patch items | | | |
| List items repaired: | | | |
| | | | |
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4-H 

WASHINGTON STATE UNIVERSITY
EXTENSION

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