

Skill Mastery - Apparel Design & Construction (ADC)



Parents, Volunteers and County Educators:

There are many reasons 4-H youth participate in and continue their project work. Everything done in the “name of project work” will not be done for a competitive grade. While working with members consider using the following to encourage project work.

- ✿ **Fun** – Done just for the fun of learning and trying something new. Enjoyment received from using knowledge and skill. Sense of creativity being expressed. The member is enjoying the process of learning; the focus is not on perfecting technique, skill or knowledge.
- ✿ **Personal Use** – Practical application of project work for day to day living or the act of doing for others. Members have practiced their skills and knowledge producing quality items that will withstand daily use, improve life or bring enjoyment.
- ✿ **Competition** – The member has practiced “like an athlete” and has produced a thoughtful product/project that is of quality and demonstrates their knowledge, skills and abilities, as compared to a quick, simple project. The member fully understands both they and the project are being evaluated and provided constructive comments for continued project growth.

Exhibits – items for competitive use

- ADC exhibits should be unique to *Apparel Design & Construction* and should not be included in any project/product from the Interior Design and Construction (IDC) or Hobby & Textile Design and Construction (HTDC) categories.
- The finished project/product should illustrate the mastery of skills and knowledge unique to ADC.

Design and Construction Skill Mastery

Through this project 4-H members will demonstrate the mastery of the design and construction process by selecting and using materials which produce an end product. The 4-H word for end product is “project.” There are three primary areas a member is encouraged to learn and grow:

- 1) **Mastery of Subject Matter and Skill** – The act of “*learning to learn*” and applying the information and skill(s) to make something the member can enjoy and be proud of.
- 2) **An understanding and application of the Elements and Principles of Design**

Elements of Design

The elements of design should be included in the finished product/project

- Line
- Shape and Form(s)
- Texture
- Color
- Space

Principles of Design

The principles of design should be included in the finished product/project

- Harmony
- Proportion/Scale
- Balance
- Rhythm
- Emphasis

- 3) **Personal Creativity**

The life skills of “*critical thinking and decision making*” are being applied in the creative process. Items should show creativity and originality, along with an application of design principles and elements. Ask yourself, “*How have I shown personal creativity and applied the design principles and elements to the finished product?*” “*What makes my finished product unique to that of my peers?*”

Apparel Design and Construction (ADC) – Level 1 Skill Mastery Sheet

1 level

- ✿ This sheet is to be completed by the 4-H member as a means for determining “Progress toward Self-Determined Goals.” (4-H Recognition Model) It is not intended as a “Competitive” evaluation form.
- ✿ 4-H members use this sheet as a personal tool for setting and recording goals.
 - “Things I want to learn.”
 - “Things I learned.”
- ✿ The mastery sheet has been designed as a guide for the “basics” to be learned in project development. Some youth will go beyond the basics for their level and others will have to visit a prior level to gain skills necessary for doing project work at their age level.
- ✿ This sheet will serve as a great tool to look back and see what was learned from year to year. We encourage you to keep a copy of the sheet in your ADC Portfolio and/or to assist with your 4-H medal form or record book.
- ✿ If this sheet is being used for a competitive event a new form must be completed for each event. DO NOT reuse a form.

Name _____ County/Club _____ Year 20_____

Class Number _____ Class Name _____

Brief Description of Project _____

ADC LEVEL ONE Construction – Grades 3-4	
Tools and/or Techniques	Construction Knowledge and/or Skill Gained 4-H member is to place a check <input checked="" type="checkbox"/> in the boxes below for each skill learned or knowledge gained in the construction of this project.
Buttons	Learned to select the correct button size and color as well as properly attach a flat button. <input type="checkbox"/> Flat button with thread shank
Basting	Learned why basting is necessary to accurate construction. Used the following basting techniques... <input type="checkbox"/> Pin basting and/or Machine basting
Care	<input type="checkbox"/> Learned how to read a fabric/interfacing bolt label and notion packaging for garment care. <u>My garment</u> Identify fiber content of my garment _____ Care for my garment: <input type="checkbox"/> machine wash and dry <input type="checkbox"/> machine wash and line dry <input type="checkbox"/> hand wash and line dry <input type="checkbox"/> hand wash and lay flat to dry <input type="checkbox"/> dry cleaning
Casing	Learned proper casing construction <input type="checkbox"/> Casing the right width for the elastic/cord/rod, top edge is edge stitched and insertion point closed or finished appropriately <i>For a waistband with a casing see Waistband.</i>

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Crochet	<p>Began learning to read and understand crochet instructions and symbols, winding and joining yarn, increasing-decreasing as called for in a pattern, gauge and tension and basic stitches.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Crochet 101 - casting on, chain stitch, double chain stitch, turning chains and finishing off <input type="checkbox"/> Slip stitch, chain stitch and/or single crochet <input type="checkbox"/> Half Double stitch and/or Double stitch <input type="checkbox"/> Treble stitch and/or Double Treble stitch <input type="checkbox"/> Crocheting in rounds: increasing, decreasing as called for by pattern design.
Cutting Tools	<p>Learned the difference and use of various cutting tools</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sewing Shears and/or Pinking Shears <input type="checkbox"/> Scissors
Fabric	<p>Began learning about fiber content, care and grain line</p> <ul style="list-style-type: none"> <input type="checkbox"/> Straightening Grain - Learned to straighten the grain of fabric, aligning the warp and weft threads or loops at right angles, by pulling thread or tearing fabric along weft threads. <input type="checkbox"/> Pre-shrink fabrics and/or interfacing - Allows for initial fabric shrinkage by washing/drying in the manner in which project will be cared for after construction.
Gathering	<p>Learned to use gathering stitch to draw up fabric and adjust fullness to specified length.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Machine gathering stitch appropriate stitch length for the fabric and removed gathering stitch after joining two pieces of fabric and stitching is complete.
Hem	<p>Learned why hem depth affects the look and hang of a finished product and how to put in a simple hem.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Machine hem – topstitched and/or simple rolled <input type="checkbox"/> Hand hem – simple slant stitch and/or slant stitch <input type="checkbox"/> Serged hem
Knitting – w/needles, loom and board/machine	<p>Began learning to read and interpret simple knitting instructions and symbols, understanding gauge and tension, seam methods and holding needles and yarn to make basic stitches.</p> <p><i>Knitting with hand-held needles:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> How to wind knitting yarn properly into a ball <input type="checkbox"/> Single cast on and/or Double cast on and binding off (finishing) – flat edge, stockinette stitch edge, open edge, and/or slipstitch edge <input type="checkbox"/> Knit stitches - Garter stitch and/or stockinette stitch <input type="checkbox"/> Basic Purl stitch and/or Knit and purl stitches combination <input type="checkbox"/> Picking up a dropped stitch <p><i>Knitting with loom and board:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Casting on and gathering and/or flat removal <input type="checkbox"/> E-wrap (twisted knit stitch) <input type="checkbox"/> Colored stripes – yarn change creating stripes <input type="checkbox"/> <i>Machine Knitting</i> – Use of knitting machine.
Marking	<p>Learned about different marking tools, when and how to use and applied one or more to my project.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Washable marker, tailor's chalk and/or tracing wheel and paper
Needle and Pins	<p>Learned how to safely use and store needles and pins.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Learned to thread a needle and safely store needles in a pincushion

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Pattern and Layout	<p>Began learning to read, understand and apply....</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pattern directions and symbols <p>Pattern placement on fabric.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fabric grain and pattern grain line match insuring proper appearance (hang) of garment <input type="checkbox"/> Use of tape measure and straight pins for pattern placement accuracy <p>Cutting out pattern pieces using:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Straight pins are placed perpendicular to pattern edge when pinning pattern, not horizontal <input type="checkbox"/> Holding shears correctly for a clean, even and accurate cut <input type="checkbox"/> Cut along the correct line, observing and using notches and respecting appropriate seam allowance
Pressing	<p>Using an iron and ironing board. Learned....</p> <ul style="list-style-type: none"> <input type="checkbox"/> The difference in pressing and ironing
Seam	<p>Learned why seam width, stitches and accuracy are important to the fit of the finished garment. Choose and applied the best seam for my project:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Straight-stitch <input type="checkbox"/> Stretch-stitch <input type="checkbox"/> Overlock seam by serger
Seam Finish	<p>Learned about seam finishes and their importance. Choose and applied the best seam finish for my project.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stitch and pink <input type="checkbox"/> Zig-Zag <input type="checkbox"/> Edge stitched <input type="checkbox"/> Overlocked by serger
Serger	<p>Learned my serger</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify parts of the serger
Sewing Machine	<p>Learned my sewing machine</p> <ul style="list-style-type: none"> <input type="checkbox"/> Parts of a machine <input type="checkbox"/> Learned to thread a sewing machine, as well as wind and change a bobbin
Thread	<p>Learned about thread</p> <ul style="list-style-type: none"> <input type="checkbox"/> Color selection – Select one shade darker as it sews in lighter <input type="checkbox"/> Choose background color of print for thread color to be less visible, etc.
Yarn/thread and knitting needles/crochet hook	<p>Began learning to about yarn/thread and needles and hooks use to create item or project</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fiber content and yarn care influence selecting the right yarn/thread for a project. <input type="checkbox"/> Needle and/or hook size influence gauge and the finished product.
Waistband	<p>Learned appropriate selection and use of....</p> <ul style="list-style-type: none"> <input type="checkbox"/> Elastic waistband with casing <input type="checkbox"/> Elastic waistband with decorative elastic <input type="checkbox"/> Mock waistband <input type="checkbox"/> Elastic Waistband finishing techniques - elastic secured so it will not roll by using either stitch in the ditch by machine or hand, elastic insert point closed and top edge is edge stitched

General Comments (youth/project leader/judge) – We encourage thoughts and comments, so an additional sheet can be added.

Apparel and Construction (ADC) – Level 1 Skill Mastery Sheet

ADC LEVEL ONE *Design* – Grades 3-4

Design Knowledge and/or Skill Gained

4-H member is to check the box for each principle and element learned, identified and/or applied to the construction of this project.

	Pattern Design	Fabric/Yarn Design	Notion Design
Elements of Design	<input type="checkbox"/> Line <input type="checkbox"/> Shape and Form(s) <input type="checkbox"/> Texture <input type="checkbox"/> Color <input type="checkbox"/> Space	<input type="checkbox"/> Line <input type="checkbox"/> Shape and Form(s) <input type="checkbox"/> Texture <input type="checkbox"/> Color <input type="checkbox"/> Space	<input type="checkbox"/> Line <input type="checkbox"/> Shape and Form(s) <input type="checkbox"/> Texture <input type="checkbox"/> Color <input type="checkbox"/> Space
Principles of Design	<input type="checkbox"/> Harmony <input type="checkbox"/> Proportion/Scale <input type="checkbox"/> Balance <input type="checkbox"/> Rhythm <input type="checkbox"/> Emphasis	<input type="checkbox"/> Harmony <input type="checkbox"/> Proportion/Scale <input type="checkbox"/> Balance <input type="checkbox"/> Rhythm <input type="checkbox"/> Emphasis	<input type="checkbox"/> Harmony <input type="checkbox"/> Proportion/Scale <input type="checkbox"/> Balance <input type="checkbox"/> Rhythm <input type="checkbox"/> Emphasis

Briefly share how the three design features (pattern, fabric and notions) came together in the finished projects look.

ADC LEVEL ONE *Creativity* – Grades 3-4

Use this section to evaluate your creativity on the finished project. *What is creative expression?* Creativity starts with basic knowledge about the subject, personal motivation, flexible and original thinking, being able to take risks and ask questions and an ability to imagine different and workable solutions.

4-H member is to check the box <input checked="" type="checkbox"/> for each type of creativity learned, identified and/or applied to the construction of this project.	Creativity Excelled	Creativity Recognized	Creativity doesn't quite Click
Creative Appeal – first look makes good impression and draws you in	<input type="checkbox"/> Unique and flattering	<input type="checkbox"/> Nice but not unique	<input type="checkbox"/> Unique but a few too many risks taken
Creative Functionality – safe, fun and usable	<input type="checkbox"/> Exciting, fresh and usable	<input type="checkbox"/> Similar to peers work	<input type="checkbox"/> Too much without purpose or not functional
Creative Understanding – illustrates an understanding of blending facts and technique	<input type="checkbox"/> Obvious quality technique learned and understood	<input type="checkbox"/> Applied a variety of techniques	<input type="checkbox"/> Technique needs more work to pull look together
Creative Organization – elements and principles of design and construction create a total look	<input type="checkbox"/> All details well performed creating a special finished project	<input type="checkbox"/> Thoughtful in an ordinary sense, little risk	<input type="checkbox"/> Details conflict, distract or overpower each other

Youth Signature _____ Date _____