

# 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 2 Skill Mastery Sheet

# 2 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 TWO <i>Construction</i> – Grades 5-6	
Tools and/or Techniques	Construction Knowledge and/or Skill Gained <b>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.</b>
Buttons and Buttonhole	Continue to learn about buttons and buttonholes and producing a product appropriate for end use. <ul style="list-style-type: none"> <li><input type="checkbox"/> Machine buttonhole – correctly sized for the button and end use</li> <li><input type="checkbox"/> Flat with thread shank or Shank button</li> </ul>
Basting	Learned why basting is necessary to accurate construction. Used the following basting techniques... <ul style="list-style-type: none"> <li><input type="checkbox"/> Machine basting</li> <li><input type="checkbox"/> Hand basting</li> </ul>
Care	Learning and understanding the relationship of fiber content and care instructions on the final product. <u><i>My garment</i></u> Fiber content _____ Care for my garment: <ul style="list-style-type: none"> <li><input type="checkbox"/> machine wash and dry</li> <li><input type="checkbox"/> machine wash and line dry</li> <li><input type="checkbox"/> hand wash and line dry</li> <li><input type="checkbox"/> hand wash and lay flat to dry</li> <li><input type="checkbox"/> dry cleaning</li> </ul>
Casing	Continue to learn proper casing construction – casing is the right width for the elastic/cord/rod <ul style="list-style-type: none"> <li><input type="checkbox"/> Casing the right width for the elastic/cord/rod, top edge is edge stitched and insertion point closed or finished appropriately</li> </ul>

## Apparel Design and Construction (ADC) – Level 2 Skill Mastery Sheet

Collar/Cuff	<p>Learning about collar design and construction - collar (and facing) interfaced, smooth, balanced, outer edge lies flat or almost flat against the garment; corners or edges do not roll upwards, points are sharp, seams graded, facing secured and not visible.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flat collar</li> <li><input type="checkbox"/> Rolled Collar</li> <li><input type="checkbox"/> Cuff – elasticized edge or shirred cuff</li> <li><input type="checkbox"/> Bound cuff</li> </ul>
Crochet	<p>Continue learning to read and understand crochet instructions and symbols and try new stitches.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Crochet 101 - casting on, chain stitch, double chain stitch, turning chains, attaching yarn of another color and finishing off</li> <li><input type="checkbox"/> Half double stitch and/or Double stitch</li> <li><input type="checkbox"/> Treble stitch and/or Double treble stitch</li> <li><input type="checkbox"/> Crocheting in rounds: increasing, decreasing as called for by pattern design.</li> <li><input type="checkbox"/> Open or filet mesh, block or solid mesh, long single stitch, shell stitch and variations</li> </ul>
Cutting Tools	<p>Learned about the safe use of a rotary cutter and supplies</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Used a rotary cutter and self-healing mat</li> <li><input type="checkbox"/> Used rotary supplies: rulers, gloves, weights, templates, etc.</li> </ul>
Darts	<p>Learned why darts are used and how they affect fit. Learned...</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Marking darts with tracing wheel/paper or with marking pencil/pen</li> <li><input type="checkbox"/> Stitching darts – smooth fit, sharp point without a dimple</li> <li><input type="checkbox"/> Pressing darts – pressing darts in the right direction while keeping its shape</li> <li><input type="checkbox"/> Made a straight dart, curved dart and/or two pointed dart</li> </ul>
Fabric	<p>Continued to learn about fiber content, care, grain line (warp vs weft), woven vs knit, etc.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Natural fibers – source, characteristics and care of cotton, linen, wool/hair, silk and/or jute</li> <li><input type="checkbox"/> Synthetic fibers –source, characteristics and care of nylon, polyester, acrylic, and/or rayon</li> <li><input type="checkbox"/> Woven fabric – plain, basket and/or various twill weaves</li> <li><input type="checkbox"/> Non-woven – interfacing, felt, netted, lace, fleece, etc.</li> <li><input type="checkbox"/> Knit - .interlock, and/or jersey</li> </ul>
Facing	<p>Learned to apply along an edge - a neckline, waistline, armhole, etc.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Facing is graded, clipped, understitched, interfaced, tacked (hand or machine) and not visible from the right side of the garment. Exception – facing used as a decorative feature.</li> </ul>
Fasteners	<p>Using needle and thread learned how to attach...</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hooks and eyes</li> <li><input type="checkbox"/> Snaps</li> </ul>
Gathering	<p>Learned to use gathering stitch to draw up fabric and adjust fullness to specified length and remove gathering threads after stitching seam.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hand gathering stitch – using needle and thread</li> <li><input type="checkbox"/> Machine gathering stitch appropriate stitch length for the fabric</li> <li><input type="checkbox"/> Pin baste to ease gathers to join together</li> </ul>
Hem	<p>Learned to select the best hem and hem depth for the project, as well as using hemming tools</p> <p>Hemming by machine – check the stitch you used</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Blind stitch</li> <li><input type="checkbox"/> Stretch stitch</li> <li><input type="checkbox"/> Serged Overlock and/or Hemstitch</li> <li><input type="checkbox"/> Serged Rolled Hem</li> </ul> <p>Hemming by hand – check the stitch you used</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Slip-stitch</li> <li><input type="checkbox"/> Blind stitch</li> <li><input type="checkbox"/> Catch stitch/Herringbone stitch</li> </ul>
Interfacing	<p>Continued to learn how to select appropriate interfacing based on fabric type and end use, as well as how to apply interfacing to garment pieces and when to use sew-in vs fusible interfacing</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sew-in interfacing – woven and non-woven</li> <li><input type="checkbox"/> Fusible interfacing – knit and non-woven</li> </ul>

## Apparel Design and Construction (ADC) – Level 2 Skill Mastery Sheet

Knitting – w/needles, loom and board/machine	<p>Continue learning to read and interpret simple knitting instructions and symbols, understanding gauge and tension, seam methods and new stitches.</p> <p><i>Knitting with hand-held needles:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Knitting 101 - Single cast on, Double cast on, picking up dropped stitch, binding off, making swatch to check gauge, etc.</li> <li><input type="checkbox"/> Knit stitches - Garter stitch and/or stockinette stitch</li> <li><input type="checkbox"/> Basic Purl stitch and/or Knit and purl stitches combined.</li> <li><input type="checkbox"/> Ribbing – cuffs, waistband, etc.</li> <li><input type="checkbox"/> Increase and decrease stitches</li> <li><input type="checkbox"/> Joining knitted pieces and/or blocking garment</li> </ul> <p><i>Knitting with loom and board:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Loom and Board Knitting 101 - Casting on, E-wrap (twisted knit stitch), gathering and/or flat removal and colored stripes</li> <li><input type="checkbox"/> Purl and/or Knit stitch</li> <li><input type="checkbox"/> Ribbing</li> <li><input type="checkbox"/> Increase and decrease stitches</li> <li><input type="checkbox"/> Joining knitted pieces and/or blocking garment</li> </ul> <p><input type="checkbox"/> <i>Machine Knitting</i> – Use of knitting machine.</p>
Marking	<p>Learned how to transfer pattern markings to fabric</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Transferring pattern symbols– darts, placement dots, tucks, center front and back, pockets, etc. to fabric using the right tool (washable marker, tailor’s chalk and/or tracing wheel and paper)</li> </ul>
Needle and Pins	<p>Continued to learn about different hand and machine needles and sewing pins</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Select appropriate size and type of hand sewing needles based on task of hand stitching</li> <li><input type="checkbox"/> Select appropriate size and type of machine needles based on type and weight of fabric</li> <li><input type="checkbox"/> Ball-point/Jersey Machine needles - use appropriate stitch on knit or jersey fabric</li> <li><input type="checkbox"/> Universal Machine needles - use on woven fabrics and size of needle based on weight of fabric.</li> </ul>
Pattern and Layout	<p>Commercial Pattern Selection</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Learn how to select sewing patterns that will compliment one’s personal physique and fits well.</li> </ul> <p>Pattern placement on fabric.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Using notches to match patterned fabric – stripes, prints, etc.</li> <li><input type="checkbox"/> Fabric with nap - all pattern pieces in one direction</li> </ul>
Pleat(s)	<p>Learn to fold/construct pleats that lay smooth. Check the pleat used</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Box pleat</li> <li><input type="checkbox"/> Knife Pleat</li> <li><input type="checkbox"/> Inverted Pleat</li> </ul>
Pocket	<p>Learned to apply a pocket for practical or decorative purpose</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Seam pocket – placed in the side or front seam and is well hidden</li> <li><input type="checkbox"/> Patch pocket – separate piece of fabric attached to the garment</li> </ul>
Pressing	<p>Learned new pressing techniques and tried specialized pressing tools</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> General pressing techniques – up and down motion with correct temperature, steam, using tip of the iron, with the grain and not pressing over pins, basting threads and buttons</li> <li><input type="checkbox"/> Pressing tools- curved end of the ironing board, pressing cloth, sleeve board, ham, and/or sleeve roll</li> </ul>
Seam	<p>Continue to learn and apply new seam techniques</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Cross seam matched – normally occur in under arm where sleeve is sewn to bodice or in the crotch where the inner leg seams are sewn together.</li> <li><input type="checkbox"/> Top stitched seam – double or single</li> <li><input type="checkbox"/> Welt seam – single or double</li> </ul>
Seam Finish	<p>Continued to learn new seam finishes, applying the best finish for my project.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Overcast – zigzag, serged or hand stitched</li> <li><input type="checkbox"/> Turned edge/Clean Finish</li> </ul>

## Apparel Design and Construction (ADC) – Level 2 Skill Mastery Sheet

Serger	<p>Continue to learn my serger</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Changing a needle</li> <li><input type="checkbox"/> Threading the machine - traditional and/or tie on method</li> <li><input type="checkbox"/> Cleaning serger with machine brush or canned air</li> </ul>
Sewing Machine	<p>Learning more about my sewing machine</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Completing regular maintenance – cleaning lint with a brush and oiling, changing bent, barbed or broken needles and checking or adjusting tension</li> </ul>
Thread	<p>Learned about thread</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Thread fiber content and quality – effect on fabric and machine</li> </ul>
Yarn/thread and knitting needles/crochet hook	<p>Continue to learn to about yarn/thread and needles and hooks used to create fabric</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Created test swatch to check gauge</li> <li><input type="checkbox"/> Experimented with different yarn weights and textures</li> </ul>
Waistband	<p>Learned to construct a waistband with interfacing/non-roll stiffener and appropriate finishing techniques - grading seam allowance, clipping, understitching, stitch-in-the-ditch, etc.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Faced waistband with interfacing</li> <li><input type="checkbox"/> Standard waistband with interfacing or non-roll stiffener</li> </ul>
Zipper	<p>Learned to select and apply a zipper (select one)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Center application</li> <li><input type="checkbox"/> Lapped Application</li> <li><input type="checkbox"/> Exposed Application</li> </ul>
BONUS - Skills learned from previous level(s)	<p>We encourage members to continue to learn skills from the previous levels. Please list NEW skills learned or attach the skill level sheet(s) as a supplement. The list or attachment does not substitute for learning a minimum of two new skills for your Age Level.</p>

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

## Apparel Design and Construction (ADC) – Level 2 Skill Mastery Sheet

### ADC LEVEL TWO *Design* – Grades 5-6

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 TWO *Creativity* – Grades 5-6

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
<b>Creative Appeal</b> – 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
<b>Creative Functionality</b> – 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
<b>Creative Understanding</b> – 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
<b>Creative Organization</b> – elements and principles of design and construction create a total look	<input type="checkbox"/> All details well performed creating a unique finished project	<input type="checkbox"/> Thought present in an ordinary sense, little risk	<input type="checkbox"/> Details conflict, distract or overpower each other

Youth Signature \_\_\_\_\_ Date \_\_\_\_\_