

Making a Skills Notebook

Level
1

Oregon 4-H Clothing Construction Fact Sheets: Basic Skills—Level 1

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You will learn many new skills and techniques through your work in the 4-H clothing project. A great way to remember and refer to what you've learned is to make a skills notebook or binder.

What should you put in your notebook?

Your notebook will be a place to put samples of the skills you have learned, such as different types of seams, seam finishes, and hemming stitches; understitching; sewing a button, and more. You can include samples of the same technique on different fabrics, and the same fabric with different techniques.

Include items that will make the notebook a useful reference for you as you advance in the project. Note the date that you add each sample, so you can watch your notebook—and your skills—grow over your years in the clothing project.

How should you organize your notebook?

You can organize the notebook as you desire, but it might be most useful if you organize items by type of technique. For example, you might want to create a section for seam finishes and place all of your seam finish samples in that section.

Here are some sample categories for your consideration:

Basic machine sewing:

- Straight seam
- Curved seam
- Square corner
- Trimming, grading, layering

Seam finishes:

- Turned and stitched
- Stitched and pinked
- Zigzag
- Bias-bound

Hand-stitched hems:

- Blind stitch
- Catch stitch
- Slip stitch
- Hemming stitch

Make it your own!

This is *your* notebook, so feel free to be creative when designing it!

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My Skills Notebook

Year: _____

Skill:

(such as seam, seam finish, hemming skill, closure, etc.)

When to use this skill:

Tips for using this skill in the future:

Describe sample:

Attach sample: