

4-H Fabrics & Fashions

Home & Personal Living Space

OKLAHOMA COOPERATIVE EXTENSION SERVICE

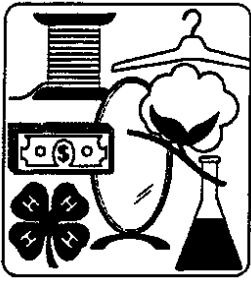
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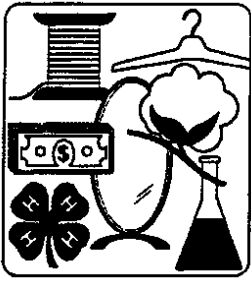
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Leader's Guide Home & Personal Living Space

Leader's Guide

Introduction

Welcome to the ranks of *4-H Fabrics and Fashions* project leaders. As a leader you can make a real contribution to the lives of the young people in your community and county.

In this project 4-H'ers will learn how to select and buy fabrics and clothes, how to develop good grooming habits, how color affects our moods and lives, how to care for clothing items and how to make garments, using various construction techniques. Through the clothing project, 4-H'ers will become more creative, develop the ability to make wise decisions and grow in self-confidence and self-esteem. The manner in which you, the leader, help your 4-Hers develop as individuals may be more important than the skills you actually teach.

Every 4-H'er has a different personality. Each has a capacity to learn and master skills at varying times according to his or her stage of development. Do not expect all individuals to learn alike or to do the same quality of work. Each project and experience in the clothing program is designed to aid the 4-H'ers development.

Objectives of 4-H Fabrics and Fashions

- Members will challenge their sewing skills through the selection and use of new sewing techniques, fabrics and notions.
- Members will learn to identify, construct or modify clothing or textile products for home interiors and to meet special needs, including those of the elderly and physically disabled.
- Members will learn how to recycle or update textiles and clothing.

- Members will develop construction, pressing and fitting skills for the purpose of making suitable and becoming apparel for themselves and others.
- Members will build self-confidence and poise by developing the ability to make the most of their personal attributes.
- Members will develop judgment and creativity in planning attractive wardrobes that express individual lifestyles.
- Members will gain consumer skills in making and purchasing clothing and accessories and in purchasing and using equipment related to clothing construction and care.
- Members will acquire knowledge of fibers, yarns and processes for making fabric.
- Members will become aware of career opportunities in clothing – fashion design and construction, textiles, home-based businesses, etc.

Responsibilities of 4-H Leaders

- Know the subject matter.
- Attend leader training meetings and workshops.
- Study leader training materials.
- Understand 4-H clothing program objectives.
- Work with a group and with individuals within a group.
- Develop leadership abilities in 4-H'ers.
- Involve boys and girls in planning,

carrying out and evaluating programs.

- Conduct meaningful project meetings.
- Teach something new at each meeting.
- Use visuals and samples related to the subject matter.
- Help 4-H'ers select projects appropriate to individual abilities or interests.
- Help 4-H'ers evaluate their garments or projects.
- Realize that all individuals will not do the same quality of work.
- Help 4-H'ers to:
 - learn and improve sewing construction skills;
 - learn about fibers, fabrics and finishes;
 - be better consumers;
 - take care of their clothing;
 - gain self-confidence and poise.
- Help 4-H'ers develop positive attitudes.
- Teach by emphasizing standards.
- Encourage and advise, but do not do the work for members.
- Recognize that young members need more attention.

Teaching the Project

A good program doesn't just happen; it is planned. As project leader and teacher you should become familiar with the objectives or goals of the unit or units with which you plan to work. The project materials may be used in several ways.

Project Groups

Four-H members enrolled in a group will select learning experiences as a group and complete a project under the guidance of a leader.

Individual Participation

A 4-H member does not have to be in a group to complete a project. Projects may be completed individually under the guidance of a leader.

Special Interest Groups

A group not planning to complete a clothing

project may complete one or more lessons on a specific subject or activity.

Careful planning is important to making the best use of the limited time you have at meetings. As the leader, you will want to organize the group according to your situation and for the greatest advantage to the members. Consider the size of the group, the ability of members and your facilities.

Enlist the help of parents and/or older 4-H members. Allow 4-H'ers to help you plan sessions. Each meeting should include several short activities to hold the group's interest.

Teaching Methods

Our goal is to teach young people clothing skills and skills relating to leadership and citizenship. Young people learn attitudes as well as skills from leaders. If leaders are to be successful teachers, they must understand how youth learn. Younger members usually need more direction and assistance. Older youth want to assert themselves and make many of their own decisions (see table, next page). Try a variety of teaching methods with your 4-H'ers.

Demonstration

One effective method for getting a point across or teaching a technique is demonstration. When giving a demonstration:

- Keep your directions simple.
- Physically demonstrate the technique. If possible, let 4-H'ers repeat the steps you have taken.
- Have step-by-step samples available for reference.
- Be sure the information is accurate and up to date.
- Work on an uncluttered surface so all can see what you are doing.
- Summarize.

Tours or Shopping Experiences

Tours or shopping experiences, if well-planned, can have educational value and add variety to your program. Make arrangements in advance with the store or facility you are touring. Be sure the store is reputable and the personnel knowledgeable. Discuss with the manager or salesperson what you want emphasized. After the tour let the members evaluate by telling you what they learned. Some possible touring opportunities include:

- Fabric stores.
- Museums with costumes or textiles on display.
- Beauty shops, beauty schools, barber shops.
- Manufacturers of apparel, textiles or accessories.
- Home economics departments at high schools or colleges.
- Dry cleaning plants.
- Department stores or specialty shops.
- Commercial laundries.
- Sewing machine dealers.
- Wholesale sales facilities.

Shopping trips to purchase fabric, patterns and notions provide opportunities to teach quality of fabrics, use of pattern books and the variety of notions available for constructing garments. Similar shopping trips to apparel stores can be used to compare quality of fabric and workmanship in garments and brands of clothing.

Exhibits or Displays

Exhibits or displays can also be teaching tools. They provide learning experiences for those who prepare the exhibits or displays and also for those who view them. Every exhibit should have educational value. You, as a leader, should guide and direct the 4-H members in making the display. An exhibit could be:

- A display of the member's hand-sewn garments, including information on fiber content, care and cost.
- A step-by-step sample of a construction technique.
- A display to show and/or explain, for

example, an explanation of a textile law or fabric finish, a generic fiber or trademark, instructions on removing a particular stain, an explanation of a care label or an identification of the weave or knit of a fabric.

Knowing 4-H'ers in the Group

A 4-H'er usually needs help identifying what he or she wants and needs to learn from a project. Use this process to learn more about the 4-H'er. A leader often can help a youth learn by asking questions that stimulate the youth to think and the leader to listen to ideas. Ask the 4-H'er to review his or her 4-H record, or bring the record, and review it with him or her.

Having the member list what he or she has learned from the clothing project areas is an easy way to start. The 4-H'er will probably be surprised to see all he or she has learned (how to make shanks on buttons, how to use consumer comparison criteria when purchasing clothing, how to test and identify fiber, how to talk to a judge, how to select styles of clothing, etc.)

Here are questions you can ask 4-H'ers to help you get to know them and remind them of the knowledge and skills they have gained.

- What did you do last year in the clothing project?
- What did you learn in the clothing project that was new?
- Have you used this knowledge in other projects?
- What presentation(s) did you give last year?
- What did you learn from those presentations?
- What could have gone more smoothly in those presentations?
- What did you exhibit last year?
- What did you learn from the experience of exhibiting? What will

- you do differently next year?
- What did you learn from Fashion Revue?
Clothing selection? Clothing judging?
- How did you share what you learned?

The next step is to help the 4-H'er decide what new skill to learn during the coming year. Ideally, the 4-H'er will want to learn something in each area of the clothing project, but don't insist if interest is limited to only one or two areas.

Encourage youth to be creative and identify what they really want to learn. Then have them work with leaders and parent(s) to find ways to learn. Repetition of learning helps 4-H'ers gain greater understanding and skill. However, youth also should have challenging new learning experiences. Four-H members can better see what they have done and learned by:

- Writing project goals (what they want to learn) and keeping records from one year to the next.
- Writing project accomplishments (what they accomplished and what life skills they gained).
- Evaluating project experiences through discussion with the leader. (Be very specific in your evaluation discussions.)

4-H Fabrics and Fashions Records

Record-keeping helps 4-H'ers organize and evaluate what they have learned. You, as the leader, need to encourage members to keep records and help them understand why they are important. Set aside time in project meetings to work on completing records. Good records should be a source of pride and a permanent record of progress and accomplishment. They can stimulate self-improvement, because records show where improvement is needed.

Encourage 4-H'ers to record the completion of each garment or activity as soon as it is complete. That is the secret to keeping accurate records. Record keeping should be an integral part of the 4-H clothing program.

Instruct 4-H'ers to follow these guidelines when keeping records:

- Be selective in your choice of materials.
- Use current forms and state what you have learned.
- Make sure your pictures tell a story.
- Realize that quality, not quantity, is the key to good records.
- Spell all words correctly. Use proper grammar.
- Consider these questions as you write your "4-H Story."
 - Why did I choose this activity or project?
 - What things did I try that were successful?
 - What things did I try that were disappointing?
 - How have my 4-H experiences helped me, my family, and others?
 - How have my 4-H experiences helped me develop citizenship and leadership qualities?
 - How has 4-H influenced my career plans?
 - What are my future plans?

Illustrated Presentations and Talks

Encourage each member to give at least one illustrated presentation or talk during the year to fellow members or other groups. Assist 4-H'ers in selecting topics of interest. Give them suggestions on how to use visuals. Encourage them to learn what they are presenting, not to parrot something they have memorized.

Hints on Giving Illustrated Presentations and Talks

- Select the subject.
- Collect references, information and materials on the subject.
- Be sure information is accurate and up-to-date.
- Outline the main points.
- Plan an introduction.
- Use neat posters. Be sure they are

- large enough for the audience to see.
- Keep table uncluttered in illustrated presentations.
- Speak clearly.
- Do not read from note cards.
- Practice, practice, practice!

Leadership aid Citizenship Activities

Leadership and citizenship activities are a part of every 4-H project. The following list should serve as a springboard for your 4-H'ers to come up with their own ideas.

- Assist with 4-H meetings and activities.
- Serve as a teen project leader, and help younger 4-H'ers with their clothing projects.
- Assist with style shows for club, school or other community functions.
- Model in style shows for local stores or community clubs.
- Help other 4-H members with clothing demonstrations and speeches.
- Do news articles and radio or television spots about club activities.
- Arrange to do a clothing display on recycling clothing items or some other clothing- or fabric-related topic in the library, at school or in a local store.
- Sponsor grooming clinics for special groups.
- Assist with clothing exhibits at local and area fairs.
- Construct costumes for a community drama club or 4-H talent show.
- Collect clothing for home fire victims.
- Help collect and recycle clothing for Salvation Army, Red Cross, Goodwill, or local charitable organizations.
- Volunteer to make curtains for 4-H camp cabins, homeless shelters and teen activity centers.
- Make clothing items for special groups – lap robes for rest home residents, stuffed animals for a children's home, etc.
- Help teach a class for the elderly on clothing for special needs.
- Make a 4-H banner for parade floats.
- Offer to do chores or mending for a shut-in.
- Set up a question-answering service on clothing care at a local laundromat.
- Develop short radio spots about fabrics, care of clothing and fashion tips.
- Become involved in National Sewing Month or promotion of cotton or wool.
- Have a community sewing fair, and involve local shops and stores.
- Organize a community-wide pattern and/or clothing exchange.
- Help involve local department stores in presenting programs to 4-H groups or clubs on accessorizing or shopping for clothing.
- Give program presentations for school classes on fabric safety and flame retardancy.
- Plan activities that will benefit the community.
- Serve as an interview judge for the clothing projects of younger members.
- Help with historic costume displays at a local museum.
- Prepare games, using fabric samples to illustrate fabric textures.
- Write a script and stage a show about textiles.
- Discuss behavior of a good citizen when shopping for clothing, cosmetics or other grooming or apparel products.
- Help a summer theater, grade school play or talent festival by making or locating costumes and props.

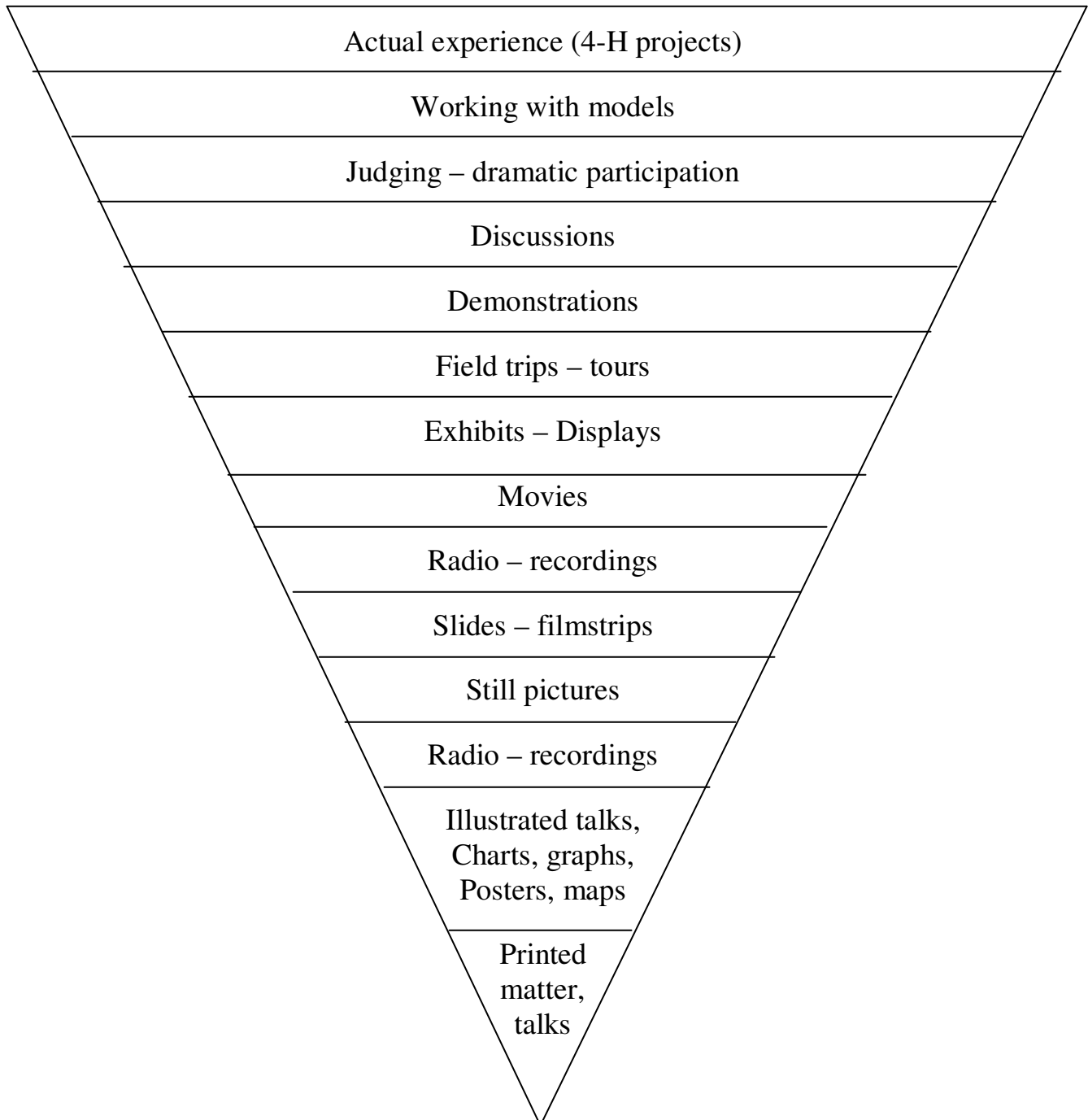
Resource List

- *A Place of Your Own*, S.C. Johnson & Son, 1994.
- *Housing, Design and Furnishings*, Texas Tech University, Vocational Home Economics Education, 1989.
- *Interior Design*, Texas Tech University, Vocational Home Economics Education, 1989.
- Jones, Susan, *Housing and Living Environment*, New Jersey Department of Education, 1993.
- *Oklahoma Home Environment, Levels 1-9, 4-H Member's Guide*, Oklahoma Cooperative Extension Service, 1985.
- *Sunset Complete Home Storage*, Lane Publishing, 1984.

There are many kinds of teaching techniques. It is often necessary to choose the correct one. Experts tell us the greatest learning occurs when people hear, see and do something. The cone of experience can serve as a guide for selecting the appropriate teaching techniques. Think of your favorite learning activities. Where do they fit on the cone of experience? Plan and conduct a learning experience, using each teaching technique within the top half of the cone.

Cone of Experience

Teaching Methods and Techniques



	Characteristics of Age Group	Implications for Leader
<i>9-11 years old</i>		
1.	Active, with boundless energy • Like group activity.	Active learning experiences to develop physical skills.
2.	Short attention span for mental activity.	Encourage many brief learning experiences.
3.	Like to be with members of their own sex.	Encourage learning experiences to be done with members of same sex.
4.	Usually do best when work is laid out in small pieces. Eager to try new things.	Use detailed outlines of the learning experiences.
5.	Admire and imitate older boys and girls.	Encourage junior leaders to work closely with younger members.
6.	Do not like to keep records and do not see the value in them.	Work closely with them in completing records of their leadership work.
<i>12-14 years old</i>		
1.	Concerned about physical development and being liked by friends, social graces, good grooming.	Encourage learning experiences related to self understanding and getting along with others.
2.	Coordination is better than with younger age group.	Encourage deeper exploration and concentrate on developing individual skills.
3.	Prefer action-oriented projects.	Encourage, active, fun learning experiences.
4.	Greater ability for team work and enjoy activities involving boys and girls.	Encourage learning experiences involving boys and girls.
5.	Want to participate in decisions and be independent but still need guidance.	Encourage working with adults and older teens to complete learning experiences.
<i>15-19 years old</i>		
1.	Want and need a strong voice in planning their own programs.	Allow youth to plan activities that allow for differences in interests, needs, and skills.
2.	Are developing community consciousness.	Encourage community service activities.
3.	Have social needs and desires which are high.	Focus some activities on the self, both physical and social, to help youth learn to accept themselves and develop self-confidence.
4.	Are beginning to think of leaving home for college, employment, marriage, etc.	Apply leadership life skills to career exploration, especially decision-making.

Suggested Topics for Demonstrations or Illustrated Talks

Placing a Pattern on Fabric
How Do You Measure Up?
Get Lined Up
A Shrinking Success
Do Labels on the Bolt Make Sense to You?
The Finishing Touch
Pocket Pointers
Fascinating Fasteners
Castoffs to Showoffs
The Inside Story
Show Your Colors
Fiber Facts
A Pressing Engagement
Lost Any Buttons Lately?
Learn as You Sew
Blueprint for a Wardrobe You Can Make
Appliqués
Embroidery
Button Selection and Coordination
Put a Little Trim in Your Life
Colorful Chokes
How to Use Sewing Tools
How to Straighten Fabric
Different Methods of Basting
How to Test and Correct Machine Tension
Topstitching
How and Why to Stay stitch
The Collar Story
Stitch less Sewing
Be Creative with Trims
Sewing with Linen
Setting in Sleeves
Taking Body Measurements
Using Measurements to Determine Pattern Size
Selecting Pattern Type and Size
How to Do a Layout
Selecting Woven Fabric
Selecting Knit Fabric
Selecting Suitable Fabric for a Pattern
Combining Patterns, Color, Textures
How to Straighten Grain
How to Use a Guide Sheet
Napped Fabrics

Marking Methods
Making Lingerie
Making Bathing Suits
Application of Elastic
Application of Trims
Using Plaids
Using Stripes
Pressing Pointers
Using One-Day Designs
Leather or Leather-Like Fabrics
How to Thread a Needle and Make a
Knot
How to Use Shears
How to Thread a Sewing Machine
Hemming a Flared Skirt
Lining a Garment
Playing With Plaids
Selecting Needles and Threads
Pants for Your Figure
Underlining a Garment
Know Your Hemming Stitches
Covering a Belt
Making Decorative Belts
Lapped Zipper Application
Fly Front Zipper Application
Facing Edge Finishes
How and When to Use Interfacing
What Interfacing to Use
Sweater Knit Fabrics
Fabric Care Labels – Where? What?
Why?
Pattern Alterations
Waistline Treatments
Fun with Fake Fur
Making a Body Suit
Making T-Shirts
Using a Rib Knit Trim
Making a Continuous Bound Placket
Mitering a Corner
Press as You Sew
Pressing Equipment
Making a Round Collar