

Riverside County 4-H



Project Proficiency Program

Clothing & Textiles

Proficiency Program Guidelines

The Riverside County 4-H Project Proficiency program assists youth in measuring themselves against “standards of excellence” in a project area. In the Project Proficiency Program, youth strive for mastery of a subject and receive recognition as each level is completed. Each Project Proficiency is comprised of five skill levels which increase in scope and difficulty. The levels are:

- Level I – Explorer
- Level II – Producer
- Level III – Consumer
- Level IV – Leader
- Level V – Researcher

Youth members are not the only ones who benefit from this program. The Project Proficiency Program can assist leaders in organization of the project material. It also encourages leaders to infuse new ideas within specific curriculum in a sequential manner.

The proficiencies are three-fold in purpose:

1. To provide youth opportunities to sample a broad array of experiences, to measure personal progress, and to become self-directed learners;
2. To provide a standard of excellence where members are recognized for knowledge and skills they have mastered; and
3. To provide guidelines for leaders to enhance and expand project content and experiences.

The Proficiency program is **not** designed to be an award or a prize for the best in a competition. Instead, members are **rewarded** for their personal progress. The proficiencies are **not a test**. Youth should not be quizzed at the end of each 4-H year to determine how much they have learned. The proficiencies should be given to each youth member as a set of goals that they, as individuals, can work toward over one or more years. There is no deadline for completing each level. Completion of all five levels of a proficiency program indicates “mastery” of a subject.

The proficiency program is voluntary. Not all youth will find this type of activity rewarding. Many youth enter projects to learn a specific skill or group of skills, but not to achieve mastery of a subject.

We encourage leaders to give proficiency guides to members sometime during the first year in a project. At this point, the leader allows the member to determine which skills and/or knowledge areas he or she wants to master. Youth members can work on skills in several levels at the same time. They do not need to complete each skill in order, but must complete one Level before completing the next. A member must complete 80% of the skills in each level in order to complete that level.

For the skill areas which require demonstration, youth members may demonstrate individually to the project or teen leader, the group, or the club at a local meeting. Members are not required to demonstrate in front of a group as we are measuring mastery of a subject, not bravery. Some leaders leave time at the end of each project meeting for members to work on their proficiencies. This gives the youth some one-on-one time with their project and teen leaders as they demonstrate acquired knowledge

and skill mastery.

Allow time to lapse between when a skill is taught and when a member demonstrates mastery. This allows time to practice and achieve mastery, not merely reflect on a newly learned skill.

Leaders are cautioned not to accept a questionable answer. This indicates incomplete mastery of the particular skill or body of knowledge. If the youth member is unsure of the correct method or term, use this time to teach the individual and allow the member time to think about it and review. The youth member will return with the knowledge learned and present it with confidence.

Reward immediately! Recognition is most meaningful when it is presented immediately following a learning experience. Sign and date the worksheet each time a member completes a level skill task.

Each proficiency program includes a certificate that can be completed and awarded to the member immediately upon successful completion of each level. The level passed can be placed in the member's project records, and the certificate can be placed in the Collection of Work portion of the Record Book.

At the year-end Awards Ceremony, the member will receive a patch for each level completed. A copy of the completed level will be turned in to the Incentives & Recognition Committee at the end of the year in order for the patch to be awarded to the member at the Awards Ceremony. It is suggested that the patches be put on a club or county sweatshirt – they are not suitable for hats.



An example of a proficiency level patch

Good luck with your project!

Riverside County 4-H Clothing & Textiles Proficiency Program

Level I – Explorer

	Activity	Date completed
1.	Identify five basic supplies for the sewing basket and describe how they are used.	
2.	Describe three to five safety precautions to take while sewing (i.e. using the iron, pins, scissors, etc.)	
3.	Demonstrate how to thread and operate a sewing machine.	
4.	Demonstrate how to wind a bobbin on the machine.	
5.	Demonstrate how to sew basic straight seams.	
6.	Read simple pattern instructions and explain and/or demonstrate what they mean.	
7.	Demonstrate how to iron seams.	
8.	Show how to layout and pin a pattern onto the fabric correctly.	
9.	Identify grain line (lengthwise and crosswise threads).	
10.	Demonstrate correct cutting procedures.	
11.	Define the following terms: Straight grain; Seam allowance; Place on fold; Seam finish; Gathering; Cutting line; Selvage; Trim corners; Pre-shrunk; Cross grain; Trim seams; Notches on patterns; Staystitching.	
12.	Make two items in this project, such as garment, scarf, potholder, etc.	
13.	Display an example of your sewing product to project members.	
14.	Keep a record of your project expenses for one year and show this to your leader.	
15.	Explain how what you have learned in this project can help you in the future.	
16.	Demonstrate correct use of seam ripper, chalk, fabric markers.	

Name of Member _____ Club _____ Age _____

Project Leader signature: _____ Date _____

KEEP IN YOUR RECORD BOOK WITH THE ANNUAL PROJECT REPORT.

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Level II – Producer

	Activity	Date completed
1.	Demonstrate how to accurately measure for correct body size/pattern size.	
2.	Select appropriate fabric for a pattern and explain how the color, texture, design and other aspects affect the final product and make this an appropriate garment for you.	
3.	Describe how to use the information on a pattern envelope.	
4.	Identify different fabric types and one appropriate use for each: Cotton; Sheers; Wool; Blends; Lace; Denim; Polyester; Satin; Acrylic.	
5.	Demonstrate the basic techniques used in hand sewing including thread preparation, sewing hems and buttons.	
6.	Demonstrate the basic techniques used in completing a garment including buttons, button holes, zippers, sleeves, interfacing, darts, pockets, grading seams and hems.	
7.	Demonstrate how to grade seam allowances.	
8.	Demonstrate seam finishes and tell what type of fabric is used for the stitches listed: Straight stitch; Flat felled; Zig zag; French; Serged.	
9.	Explain the differences between tucks, darts, pleats, and gathers and describe where you would use them and why. Use one of these techniques in a garment.	
10.	Make at least one garment following a pattern.	
11.	Participate in one field visit to a materials or equipment provider.	
12.	Identify three different locations where materials can be obtained.	
13.	Explain to others outside of your project group about what you have learned or display your project in the community.	
14.	Keep a record of your expenses and at the end of the year compare the value of your product(s) to your expenses/costs.	
15.	Describe one mistake/error that you made in your sewing project and what you did or could have done to correct or prevent it.	
16.	Help someone else by sharing your knowledge or by giving away a product from your project to show positive citizenship.	

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Level III – Consumer

	Activity	Date completed
1.	Demonstrate how to do a collar application.	
2.	Demonstrate how to do a “set in” sleeve.	
3.	Demonstrate how to use the color wheel and explain its application in the design of you product.	
4.	Explain how to clean, launder and store a garment. Include the following aspects: Sorting clothes; Reading of labels; Correct water temperature; Storage options; Treating stains/spots; Clothing preparation: zippers, buttons, pockets	
5.	Describe four ways to save money and be economical in obtaining materials.	
6.	Keep a personal reference library of helpful literature that pertains to your project.	
7.	Take part in a project related demonstration or judging contest.	
8.	Report the history of one aspect (origin, equipment, material, technique etc.) of textile manufacturing.	
9.	Invite a guest speaker to one of your project meetings and introduce them to the group. Ask them to discuss how to creatively select and purchase clothing and accessories to make a wardrobe that fits your style and personality.	
10.	Contact a local, state or national association related to clothing and textiles and report to your group what this association has to offer its members and interested individuals.	
11.	Demonstrate at least three of the following advanced techniques: Pad/roll stitching; Notched lapels; Lining; Gusset; Bound button holes; Decorative top stitching/specialty threads.	
12.	Visit one seamstress, tailor, textile manufacturer or other craftsman in the clothing and textile field and report what you learned.	
13.	Keep a record of costs, cash expenses, time and labor charges for each product made. At the completion of the item(s) compare your products to the expense.	
14.	Demonstrate at least two different mending techniques	
15.	Alone or with the group, plan and complete a community service activity.	
16.	Demonstrate how to alter a pattern for fit or preference.	

Name of Member _____ Club _____ Age _____

Project Leader signature: _____ Date _____

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Level IV – Leader

	Activity	Date completed
1.	Serve as Junior or Teen leader in this project for one year.	
2.	Assist younger members in constructing a project. Demonstrate techniques as needed.	
3.	Prepare teaching materials for use at project meetings.	
4.	Develop and put on a judging event or train a junior team for such an event.	
5.	Speak on a project-based subject before an organization other than your 4-H group.	
6.	Assist at a local fair or fashion show.	
7.	Assist younger members about learning a specific technique in the project.	
8.	Develop your own special project related activity. Chart your progress, plan the activities, analyze successes and problems, and report on your findings.	
9.	Demonstrate and assist younger members in record keeping.	
10.	Demonstrate and explain color selection/suitability to skin type.	
11.	Plan and lead teaching tour of a fabric store.	

Name of Member _____ Club _____ Age _____

Project Leader signature: _____ Date _____

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Level V – Researcher

	Activity	Date completed
1.	Report on the results of a demonstration comparing measurable differences in procedures, (or) design a garment and create the pattern with instructions. Make the garment and display it.	
2.	Prepare a paper of 300 words or more on one of the following topics: <ul style="list-style-type: none"> •Garment care •Period clothing •Cultural influence on fashion •History of a specific project related aspect. •Development of equipment (ex: sewing machine, serger) •Markets and methods of marketing •Evolution of techniques •Effect/use of color, shape, form, pattern, etc. •Resource utilization and/or conservation •History of styles, gender influence in fashion. •Relationship of body characteristics to fashion and/or fads. •Origin of various fibers 	
3.	Prepare a speech or illustrated talk to orally summarize your findings and present at a club, project meeting or other educational event.	

Name of Member _____ Club _____ Age _____

Project Leader signature: _____ Date _____

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Certificate of Achievement



Explorer

Date

Leader's Initials

Producer

Date

Leader's Initials

Consumer

Date

Leader's Initials

Leader

Date

Leader's Initials

Researcher

Date

Leader's Initials

This certifies that

*has completed the Clothing & Textiles Proficiency
in the Riverside County 4-H Youth Development Program*

Leader

Club

Date