

4-H Crochet Proficiency Program A Member's Guide

OVERVIEW

The 4-H Crocheting Proficiency program helps you learn what you need to know about your 4-H project. Your project leader will assist you in setting and achieving your goals. Through your project, you will acquire an understanding of the principles of artistic design: color, line, design, and texture. You will also learn how to make good use of your leisure time in constructive activities as well as learning to make useful, artistic items.

There are many resources to help you learn more about your project:

- The University of California Davis has free resources available online by visiting: <http://anrcatalog.ucdavis.edu/4HYouthDevelopment/>. This site lists a variety of project materials and resources recommended for use in your project.
- The Lassen County 4-H Resources and Lending Library at our county 4-H Office includes other books, videos, and reference materials that can be checked out by members and leaders.
- Check to see if there are any local artisan groups or organizations in your community. These groups often conduct educational activities and sponsor craft shows.

There are five levels in the Project Proficiency Program. You may choose how many levels you wish to complete:

- ◆ Level I – “Explorer”, you begin to learn about many different aspects of your crocheting.
- ◆ Level II – “Producer”, you practice and refine the many skills involved in crocheting.
- ◆ Level III – “Consumer”, you become an experienced producer of your crocheting.
- ◆ Level IV – “Leader”, allows you to show your own leadership potential.
- ◆ Level V – “Researcher”, you carry out a demonstration or experiment on some aspect of crocheting, and prepare a paper or portfolio.

As you work through the proficiency program, your leader will date each skill item as you complete it. When all items in a proficiency level are completed, your leader will sign the Certificate of Achievement.

CROCHET

Level I - Explorer

Date
Completed

- _____ 1. Demonstrate the following crochet stitches:
- Chain
 - Single
 - Double crochet
 - Slip stitch
- _____ 2. Identify the following tools and explain their use:
- Crochet hook
 - Identify the size of the crochet hook
 - Identify the material the hook is made of
 - Pattern
 - Yarn needle
 - Marker
 - Ruler
- _____ 3. Get the following information from the provided label:
- Material yarn is made of
 - Weight of yarn
 - Amount of yarn
 - Dye lot
 - Care instructions
- _____ 4. Explain what the following abbreviations represent:
- dc
 - sl st
 - YO
 - sc
- _____ 5. Demonstrate the following:
- a) gauge – 7 sc, 2” (TBR – provide real pattern nomenclature)
 - b) Explain the significance of gauge
- _____ 6. Read the provided pattern and answer the following questions:
- a) What item is the pattern?
 - b) What is the desired gauge?
 - c) What is the recommended hook size?
 - d) What types of stitches are used in pattern?
 - e) What size or sizes does the pattern make?
 - f) What weight yarn is recommended?
- _____ 7. Demonstrate how to create a granny square using the provided pattern.
- _____ 8. Which of the provided yarn types would be good for a baby blanket and why?
- _____ 9. Keep a record of items made for the crochet project including the following information for each item:
- a) Item made
 - b) Yarn used – maker, color, dye lot, weight (may be done by attaching label to record)
 - c) Size hook(s) used

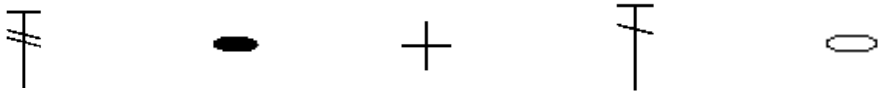
- _____ 10. Demonstrate how to safely hand scissors to another person.
- _____ 11. What should you do when someone shows you an item they have crocheted?
- _____ 12. Show and explain a crocheted item you have made to a youth member in your 4-H club (does not have to be a member of the crocheting project). Include the following information when you share it:
- a) What the item is
 - b) The fact that you crocheted it
 - c) Whether or not you enjoyed making it and why OR
 - d) Give the project report for the crochet project at one of the club meetings
- _____ 13. Demonstrate something to do with crochet to one or more of the following:
- a) Crochet project leader
 - b) Crochet project teen leader
 - c) Crochet project members as a group
 - d) Another member of the crochet project
- _____ 14. Attend a county, sectional, or state event, like a design contest, local fair, Presentation Days, Fashion Revue, wool contest, etc.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

CROCHET Level II - Producer

Date
Completed

- _____ 1. Demonstrate the following stitches to the project leader or project teen leader:
- a) Single crochet increase
 - b) Double crochet increase
 - c) Half-double crochet
 - d) Single crochet decrease
 - e) Double crochet decrease
- _____ 2. What do the following international pattern symbols mean?
- 
- _____ 3. Crochet one of the following:
- a) Sweater (doll, baby, child, or adult)
 - b) Vest (child or adult)
 - c) Hat and scarf
 - d) Purse
 - e) iPod cover
 - f) Or a similar item approved by the project leader
- _____ 4. Crochet an item with more than one color yarn.
- _____ 5. Crochet an item with something other than yarn, i.e. thread, metal, beads.
- _____ 6. Record keeping – more advanced than in Level 1. Keep a record of items made for the crochet project including the following information:
- a) Item made
 - b) Yarn used – maker, color & dye lot
 - c) Weight of yarn used
 - d) Copy of pattern annotated with above information
 - e) Size of hook(s) used
 - f) Comments – how did the item turn out – was it the desired size, did you deviate from pattern, would you use that pattern again and why
- _____ 7. Enter something you have crocheted into a competitive event such as:
- County Fair Fashion Revue Wool contest
- _____ 8. Do an analysis on one of the following:
- a) Pros and cons of using wool yarn, and when would you choose wool yarn.
 - b) Pros and cons of using acrylic yarn, and when would you choose acrylic yarn.
 - c) Compare knitting and crocheting.
- _____ 9. Do one of the following:
- a) Adjust a pattern to a larger or smaller size
 - b) Use a different weight yarn than specified by a pattern, but attain the size specified by the pattern.
- _____ 10. What can a small crocheted item be washed in to avoid stretching when washed in a washing machine?

- _____ 11. What can you do to keep the item you are crocheting clean?

- _____ 12. Design a crocheted item and provide all the needed information and pattern directions to create it. Why did you choose the stitches you chose to put in the pattern?

- _____ 13. Design and make a crochet-related display, and display it outside the crochet project; make a display board for the 4-H club meeting or make a display board for the fair.

- _____ 14. Crochet and donate an item to a local charity or a member of the armed services.

- _____ 15. Find a new source for patterns, yarn or other materials with which to crochet and present a review of the source to the project group.

- _____ 16. Participate in county, sectional or state events with an item you have made.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

CROCHET
Level III - Consumer

Date _____
Completed _____

- _____ 1. Demonstrate the following stitches to the project or teen leader:
Popcorn stitch Beaded stitch Some other stitch approved by project leader
- _____ 2. Prepare crochet-teaching materials for a project meeting.
- _____ 3. Assist younger or newer members with choosing a crochet project.
- _____ 4. Assist younger or newer members with identifying needed materials and equipment for their crochet project.
- _____ 5. Assist younger or newer members in learning a new crochet stitch.
- _____ 6. Answer questions younger or newer members may have about crocheting.
- _____ 7. Do one or more of the following:
 - a) Give a crochet related presentation at a club meeting
 - b) Give a crochet related presentation at the County Presentation Day
 - c) Give a crochet related presentation at a 4-H Council meeting
- _____ 8. Start your own reference library for crochet, with books, magazines, and information from the internet, etc.
- _____ 9. Do one or more of the following:
 - a) Organize crochet demonstration to another project group
 - b) Organize a field trip to a yarn store
 - c) Organize a display of items crocheted by the group to display at public library
- _____ 10. Participate in the planning or running in a design contest, wool contest or fashion revue.
- _____ 11. Identify any local, state and/or national crochet organizations.
- _____ 12. Record keeping – more advanced than Level 2. Keep a record of items made for crochet project including the following information for each item:
 - a) Item made
 - b) Yarn used
 - c) Weight of yarn used
 - d) Size hook(s) used
 - e) Comments – how did it turn out
 - f) Copy of pattern annotated with info
 - g) Time spent on each item
 - h) Cost to make item
 - i) Summarize on a record book
- _____ 13. Participate in or organize a community service project such as making and donating crocheted items to a charity, making and donating crocheted items to a hospital, some other activity approved by project leader.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

CROCHET

Level IV - Leader

Date
Completed

- _____ 1. Serve as Junior or Teen leader in this project for one year.
- _____ 2. Crochet an item with a material you have not previously used, like plastic bags, metal, beads, etc.
- _____ 3. What should be taken into account when judging a crocheted item?
- _____ 4. Research one of the following topics and present the results of your research to the project, 4-H club, or county council.
- _____ 5. Compare the cost of crocheting an item to purchasing a crocheted item:
 - a) Is it cheaper or more expensive to crochet an item yourself?
 - b) How and where are purchased crochet items produced?
- _____ 6. Give a presentation related to crocheting at one of the following:
 - a) County council meeting
 - b) Presentation Day
 - c) 4-H Club meeting (not your own club)
 - d) At schoolIdentify and invite someone to speak to your crochet project group. Introduce the speaker to the group. Describe five things to consider when inviting, introducing and thanking a guest speaker.
- _____ 7. Design or improve some aspect of crochet, e.g. marketing, equipment, materials, etc., by doing one of the following:
 - a) Creating a body of work and arranging to sell it
 - b) Some other activity approved by your project leader
- _____ 8. Help plan a 4-H county, sectional or state event, such as Fashion Revue, Leadership Overnight, or some type of Field Day.
- _____ 9.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

CROCHET
Level V - Researcher

Date
Completed

- _____ 1. Complete one year of Junior or Teen Leadership in the crochet project.
- _____ 2. Develop a crochet related plan, chart your progress, analyze successes and/or problems, and report the results. The crochet related plan can be for one of the following:
- a) Identifying, contacting and coordinating donation of crocheted items to organization that the crochet project has not donated to before.
 - b) Crocheting an advanced crochet item – jacket, sweater, large afghan, or large throw.
 - c) Starting a crocheting group outside of the Crochet project.
- _____ 3. Prepare a speech or illustrated talk to orally summarize your findings and present at a club, project meeting or other educational event.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

Certificate of Achievement

This certifies that

*has completed the Crochet Proficiency
in Lassen County.*

Explorer

Producer

Consumer

Leader

Researcher

Date

Date

Date

Date

Date

Initials

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