

# NEVADA COUNTY 4-H PROFICIENCY PROGRAM

## *Clothing & Textiles - Overview*

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The **4-H Clothing & Textiles Proficiency program** helps you learn what you need to know about your 4-H clothing and textiles project. Clothing and textiles is an interesting 4-H project. Through this project you learn consumer skills, proper storage and care for clothing, how to make clothing and other wearing apparel for yourself and others, and acquire knowledge of fibers, yarns, and processes for making fabric. You will develop self-confidence and poise and the ability to make the most of your personal attributes. You also develop judgment and creativity in planning an attractive wardrobe that expresses your individual lifestyle.

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

- The **4-H Publications Catalog** lists a variety of project materials and resources recommended for use in your project.
- The **4-H Educational Resources and Lending Library** at your county 4-H office includes other books, videos and reference materials that can be checked out by members and leaders.
- Fabric and Craft stores frequently offer classes and other educational activities as well as materials. Pattern companies offer sewing competitions and opportunities to model the items you have made. County, regional and state fairs are great places to show off your skill.

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

- **Level I – “Explorer”**, you begin to learn how to sew.
- **Level II – “Producer”**, you learn more sewing skills and make clothing following a pattern.
- **Level III – “Consumer”**, you become experienced in many aspects of clothing and textiles.
- **Level IV – “Leader”**, allows you to show your own leadership potential.

As you work through the Clothing & Textiles proficiency program, have your leader sign and date each skill item as you complete it. When all items in a proficiency level are completed, your leader will complete a certificate for you and notify the county coordinator.

*PRIMARY MEMBERS ARE NOT ELIBIGLE TO PARTICIPATE IN PROFICIENCY PROGRAMS.*

