Note to Leader and Parent
The 4-H Sewing Skills Progress Chart can be used along with project books to help young people determine which skills and knowledge they already have and which things they can learn. Keep this record for their use throughout their 4-H experience. Use it as a planning tool to help members direct their project and feel good about what they have accomplished.

When members have completed their project, they can use this chart to identify what they have learned and what they may want to learn during the next project year.

Please note that this tool is not exhaustive; other skills may be added as the member identifies them. Also, the list is not in any order, as young people will choose to make garments and items covering a wide variety of techniques. It is still important, however, to focus on the skills outlined for the project they are taking during the current year.

This tool is NOT designed to be used for competition between members nor should any leader or parent use this publication to compare two or more young people. Also, please do NOT attempt to have youth learn all the skills listed or force them to learn skills inappropriate for their knowledge, skill level, or interest.

Directions for Members
Please read the 4-H Sewing Skills Progress Chart carefully and place a check in the “Skills I know” column for skills you already know or have learned in previous years. With your leader, review the checklist again and mark the skills you want to learn or improve this year. Try to select two or three new sewing skills to learn in your project each year. Use your project book as a guide to select the skills you want to learn.

Keep this checklist to help you plan what you want to make next year.
**Basic Sewing Tools**
Label tools to prevent loss
Identify and use:
- Scissors or shears
- Pin cushion
- Thimble
- Seam ripper
- Seam gauge
- Measuring tape
- Silk pins
- Point turner
- Other

**Handstitching**
Thread a needle
Secure hand stitches
Tie a small knot
Measure thread length
Basting
- Running stitch
- Back stitch
- Overcast stitch
- Blanket stitch
- Slip stitch
- Catch stitch
- Blind stitch

**Fabric Knowledge**
Identify:
- Selvage
- Lengthwise and crosswise grain
- True bias and item cut on bias
- Knits, wovens, and nonwovens
- Fiber and fabric differences
- Four natural fibers
- Care labels
- Care label symbols
- Right and wrong side of fabric
- Napped fabrics
Identify common fabrics:
- Gingham
- Denim
- Terry cloth
- Velvet
- Lace
- Seersucker

*continued on page 3*
Fabric Knowledge (continued)

<table>
<thead>
<tr>
<th>Skills I know</th>
<th>Skills to try this year (date)</th>
<th>Skills I have improved (date)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Challis</td>
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<tr>
<td>Percale</td>
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<tr>
<td>Other</td>
<td></td>
<td></td>
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<tr>
<td>One-way designs on fabric</td>
<td></td>
<td></td>
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<tr>
<td>Fabrics printed off-grain</td>
<td></td>
<td></td>
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<tr>
<td>Balanced and unbalanced plaid</td>
<td></td>
<td></td>
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<tr>
<td>Select notions and trims to match fabric</td>
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</tbody>
</table>

Fabric Skills

<table>
<thead>
<tr>
<th>Skills I know</th>
<th>Skills to try this year (date)</th>
<th>Skills I have improved (date)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pretreat fabric</td>
<td></td>
<td></td>
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<tr>
<td>Straighten ends</td>
<td></td>
<td></td>
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<tr>
<td>Pull some fabrics on grain</td>
<td></td>
<td></td>
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<tr>
<td>Create self-bias</td>
<td></td>
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<tr>
<td>Select color and type of thread</td>
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</tbody>
</table>

Pattern Knowledge

<table>
<thead>
<tr>
<th>Skills I know</th>
<th>Skills to try this year (date)</th>
<th>Skills I have improved (date)</th>
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</thead>
<tbody>
<tr>
<td>Take accurate body measurements</td>
<td></td>
<td></td>
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<tr>
<td>Determine pattern size</td>
<td></td>
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<tr>
<td>Determine fabric amount needed</td>
<td></td>
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<tr>
<td>Identify symbols on pattern</td>
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<tr>
<td>Locate information on envelope</td>
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<tr>
<td>Determine layout</td>
<td></td>
<td></td>
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<tr>
<td>Find needed pattern pieces</td>
<td></td>
<td></td>
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<tr>
<td>Make simple pattern adjustments</td>
<td></td>
<td></td>
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<tr>
<td>Place pattern on grain</td>
<td></td>
<td></td>
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<tr>
<td>Measure accurately</td>
<td></td>
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<tr>
<td>Calculate measurements</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pin fabric to pattern</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Double check layout before cutting</td>
<td></td>
<td></td>
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<tr>
<td>Place pattern on fold</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use knit chart on pattern to determine stretch</td>
<td></td>
<td></td>
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<tr>
<td>Follow layout for napped fabric</td>
<td></td>
<td></td>
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<tr>
<td>Place pattern on plaid fabric</td>
<td></td>
<td></td>
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<tr>
<td>Place and cut out knit fabric</td>
<td></td>
<td></td>
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<tr>
<td>Cut pattern with long, even strokes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Follow pattern directions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mark fabric with dressmaker carbon</td>
<td></td>
<td></td>
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<tr>
<td>Cut out notches</td>
<td></td>
<td></td>
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<tr>
<td>Make tailor tacks</td>
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<td></td>
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</tbody>
</table>

Interfacing

<table>
<thead>
<tr>
<th>Skills I know</th>
<th>Skills to try this year (date)</th>
<th>Skills I have improved (date)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Select correct type and weight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apply sew-in interfacing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apply fusible interfacing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Sewing Area Setup
Set up machine
Organize work area
Adjust lighting
Remove safety hazards
Straighten work area
Put items away promptly
Wash hands before sewing
Keep magnetic tools from electronic machines

Sewing Machine
Refer to machine manual
Refer to sewing books
Identify parts of machine
Thread machine
Fill and insert bobbin
Bring bobbin thread up
Recognize balanced tension
Adjust upper tension
Adjust stitch length
Adjust pressure
Change machine needle
Recognize needle sizes and types
Remove lint from machine
Oil machine, if necessary
Replace sewing machine light
Identify attachments
Insert attachments
Use seam gauge
Use zipper foot
Identify a serger
Identify seam sewn on serger

Machine Stitching
Straight stitch
Back stitch
Stitch in same place
Pivot
Use hand wheel correctly
Control speed
Make samples
Remove pins before sewing over them
Secure seams at both ends
Clip threads
Pull thread inside garment
Turn stitched area inside out

(continued on page 5)
**Machine Stitching** (continued)

- Gather fabric
- Apply zig-zag stitch
- Staystitch
- Understitch
- Stitch in the ditch
- Top stitch
- Match plaids or stripes
- Match notches
- Stitch dart
- Stitch gathers
- Sew casing for elastic or cord

**Seams**

<table>
<thead>
<tr>
<th>Skills I know</th>
<th>Skills to try this year</th>
<th>Skills I have improved</th>
</tr>
</thead>
</table>

- Sew even seams
- Sew curved seams
- Grade seams to reduce bulk
- Select seam finish appropriate for fabric and care
- Ease seams and hems
- Turn under and stitch seam
- Pink a seam
- Sew a French seam
- Sew a flat-fell seam
- Sew a mock flat-fell seam
- Select finish for knit garment
- Sew serged seam:
  - Flatlock
  - Overlock
  - Other ______________________
- Reinforce seams
- Use seam and stay tapes
- Notch convex curves
- Clip concave curves

**Sleeves**

<table>
<thead>
<tr>
<th>Skills I know</th>
<th>Skills to try this year</th>
<th>Skills I have improved</th>
</tr>
</thead>
</table>

- Select correct shoulder pad
- Identify and sew:
  - Set-in sleeves
  - Raglan sleeves
  - Kimono sleeves
- Sew a cuff
- Make a placket
- Other ______________________
### Necklines and Collars
Recognize and apply:
- Plain facings
- Convertible collar
- Shawl collar
- Peter Pan collar
- Knit band
- Turtleneck
- Other ____________________________

### Pockets
Recognize and apply:
- Patch pocket
- Set-in pocket
- Welt pocket

### Waistline
Recognize and apply:
- Elastic or drawstring casing
- Faced waistline
- Skirt or pants waistband
- Waistband with elastic inset
- Waistband with belt loops

### Fasteners
Select correct size button
Mark buttonholes
Sew on a shank button
Sew on a two- or four-hole button
Sew on a button by machine
Sew a machine buttonhole
Sew a bound buttonhole
Cover a button
Sew on hooks and eyes
Sew on snaps
Attach hook and loop tape
Apply grommets
Attach frogs or toggles

### Zippers
Apply:
- Lapped zipper
- Centered zipper
- Fly zipper
- Separating zipper
- Invisible zipper
- Hand-picked zipper
- Repair a zipper
Hem and Hem Edges
Measure hem for another person
Choose correct hem width
Choose correct hem stitch
Create even hem width
Ease hem to prevent puckers
Hand stitch hem
Machine stitch hem
Top stitch hem
Machine hem heavy fabric
Sew Hong Kong hem
Sew rolled edge
Apply bias tape
Make bias tape
Fringe an edge
Line a garment
Underline a garment

Pressing
Finger press
Press as you sew
Recognize and prevent scorching
Prevent shine on the right side
Know differences between pressing and ironing
Use correct iron setting for fiber and fabric
Select and use dry or steam iron
Press darts
Press hems
Press gathers and eased areas
Press sleeves
Press a shirt
Press napped fabrics
Press on wool
Final press
Use a press cloth or mitt
Make a pressing aid
Use a seam roll
Use a point presser
Use a pressing ham
Use a pounding block
Fill and remove water from iron
Shut off iron after use
Store iron correctly
Clean off residue on iron’s sole plate
Set up, take down, and adjust board
Replace ironing board cover and pad
Other Techniques (continued)

Use rotary cutter
Sew a preprinted panel
Adapt garment for person with a disability
Quilt fabric
Stencil or apply fabric paint
Apply sequins or beads
Appliqué fabric
Recycle a garment
Sew a gusset
Prepare garments to give away
Sew on sheer fabrics
Sew on wool fabric
Sew on napped fabric
Sew on knit fabric

Consumer

Calculate time and savings
Calculate percentage discounts
Complete a catalog order
Make a return
Plan purchases
Comparison shop
Write a complaint or a complimentary letter
Recognize good fit
Visit or use:
  - Dry cleaner
  - Alterations person
  - Shoe repair

Selection and Design

Use design elements in choosing accessories
Tie a bow
Tie a scarf
Tie a tie

Skills I know | Skills to try this year (date) | Skills I have improved (date)
### Care

<table>
<thead>
<tr>
<th>Skills I know</th>
<th>Skills to try this year</th>
<th>Skills I have improved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use a lint brush</td>
<td></td>
<td></td>
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<tr>
<td>Steam or hang out wrinkles</td>
<td></td>
<td></td>
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<tr>
<td>Reposition fasteners</td>
<td></td>
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<tr>
<td>Make simple repairs</td>
<td></td>
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<tr>
<td>Shorten a garment</td>
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<tr>
<td>Lengthen a garment</td>
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<tr>
<td>Patch a garment</td>
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<tr>
<td>Darn a hole</td>
<td></td>
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<tr>
<td>Ease snagged yarn inside garment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sort laundry by care instructions and color</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Select type and amount of detergent</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Operate washer and dryer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hand wash a sweater</td>
<td></td>
<td></td>
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<tr>
<td>Hand wash hose or socks</td>
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<tr>
<td>Block a sweater before washing</td>
<td></td>
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<tr>
<td>Fold a sweater</td>
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<tr>
<td>Press a shirt</td>
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<tr>
<td>Press slacks</td>
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<tr>
<td>Hang slacks</td>
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<tr>
<td>Hang napped and bias garment</td>
<td></td>
<td></td>
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<tr>
<td>Recognize and remove fabric pills</td>
<td></td>
<td></td>
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<tr>
<td>Prevent stains</td>
<td></td>
<td></td>
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<tr>
<td>Recognize that stains must be removed promptly</td>
<td></td>
<td></td>
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<tr>
<td>Stain-removal techniques</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Select correct size shoes and socks</td>
<td></td>
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<tr>
<td>Polish shoes</td>
<td></td>
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<tr>
<td>Pack clothing for a trip</td>
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<tr>
<td>Dry clothes on a line</td>
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<tr>
<td>Use a clothes brush</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prevent and treat static cling</td>
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</tbody>
</table>

### Other Techniques

<table>
<thead>
<tr>
<th>Skills I know</th>
<th>Skills to try this year</th>
<th>Skills I have improved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turn a tube of fabric</td>
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<tr>
<td>Miter corners</td>
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<tr>
<td>Scallop an edge</td>
<td></td>
<td></td>
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<tr>
<td>Apply decorative stitches</td>
<td></td>
<td></td>
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<tr>
<td>Apply piping</td>
<td></td>
<td></td>
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<tr>
<td>Make a tassel</td>
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<td></td>
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<tr>
<td>Make a pompom</td>
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<td></td>
</tr>
<tr>
<td>Stuff a toy or other item</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apply trim to a garment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apply ribbing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make ruffles</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make tucks</td>
<td></td>
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<tr>
<td>Make pleats</td>
<td></td>
<td></td>
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<tr>
<td>Enlarge a pattern</td>
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</tr>
</tbody>
</table>

*(continued on back panel, page 9)*
Record of Sewing Experiences
In each of the boxes, place a swatch of fabric and/or a sketch or picture of yourself and what you have made. This record of accomplishment will help you remember the many things you did or learned in your projects.