You will learn many new skills and techniques through your work in the 4-H clothing project. A great way to remember and refer to what you’ve learned is to make a skills notebook or binder.

What should you put in your notebook?
Your notebook will be a place to put samples of the skills you have learned, such as different types of seams, seam finishes, and hemming stitches; understitching; sewing a button, and more. You can include samples of the same technique on different fabrics, and the same fabric with different techniques.

Include items that will make the notebook a useful reference for you as you advance in the project. Note the date that you add each sample, so you can watch your notebook—and your skills—grow over your years in the clothing project.

How should you organize your notebook?
You can organize the notebook as you desire, but it might be most useful if you organize items by type of technique. For example, you might want to create a section for seam finishes and place all of your seam finish samples in that section.

Here are some sample categories for your consideration:

<table>
<thead>
<tr>
<th>Basic machine sewing:</th>
<th>Seam finishes:</th>
<th>Hand-stitched hems:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Straight seam</td>
<td>• Turned and stitched</td>
<td>• Blind stitch</td>
</tr>
<tr>
<td>• Curved seam</td>
<td>• Stitched and pinked</td>
<td>• Catch stitch</td>
</tr>
<tr>
<td>• Square corner</td>
<td>• Zigzag</td>
<td>• Slip stitch</td>
</tr>
<tr>
<td>• Trimming, grading, layering</td>
<td>• Bias-bound</td>
<td>• Hemming stitch</td>
</tr>
</tbody>
</table>

Make it your own!
This is your notebook, so feel free to be creative when designing it!

By Pamela Rose, 4-H Youth Development specialist, family and consumer science and expressive arts, Oregon State University.

© 2014 Oregon State University.

Extension work is a cooperative program of Oregon State University, the U.S. Department of Agriculture, and Oregon counties. Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran’s status. Oregon State University Extension Service is an Equal Opportunity Employer.

Published October 2014.
My Skills Notebook

Skill:
(such as seam, seam finish, hemming skill, closure, etc.)

__________________________________________________________________________

When to use this skill:

__________________________________________________________________________

__________________________________________________________________________

Tips for using this skill in the future:

__________________________________________________________________________

__________________________________________________________________________

Describe sample:

__________________________________________________________________________

__________________________________________________________________________

Attach sample: