



# Designed *by Me*

Name

Age as of January 1 of the current year

County

Club name

Advisor



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES



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## NOTE TO THE PROJECT HELPER

Congratulations! A 4-H member has asked you to serve as a project helper. You may be a parent, relative, project leader, friend, club advisor, or another person important in the 4-H member's life. Your duties begin with helping the youth create and carry out a project plan, as outlined in the **Member Project Guide**. This is followed by helping the youth focus on each activity, providing support and feedback, and determining what was done well, what could have been done differently, and where to go next.

As a project helper, it is up to you to encourage, guide, and assist the 4-H member. How you choose to be involved helps shape the 4-H member's life skills and knowledge of the importance of sewing.

### YOUR ROLE AS PROJECT HELPER

Your contributions are critical to delivery of the 4-H program, which is committed to providing experiences that strengthen a young person's sense of belonging, generosity, independence, and mastery. Your interactions should support positive youth development within the framework of the **Eight Essential Elements** (also known as the Eight Key Elements):

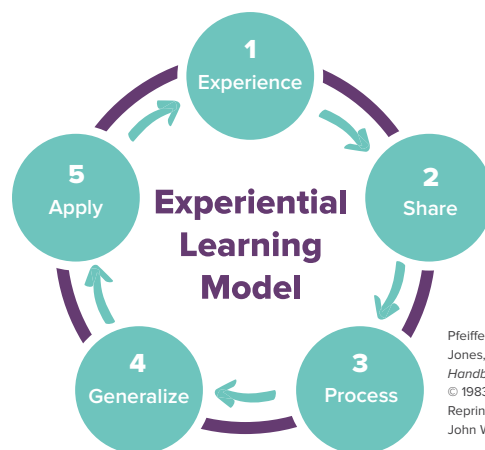
1. A positive relationship with a caring adult
2. An inclusive environment
3. A safe emotional and physical environment
4. Opportunity for mastery
5. Engagement in learning
6. Opportunity to see oneself as an active participant in the future
7. Opportunity for self-determination
8. Opportunity to value and practice service to others

For more information on the Eight Essential Elements, please refer to the *Ohio 4-H Volunteer Handbook* available online at [ohio4h.org](http://ohio4h.org). On a practical level, your role as a project helper means you will strive to do the following:

- Guide the youth and provide support in setting goals and completing this project.
- Encourage the youth to apply knowledge from this project book.
- Serve as a resource person.
- Encourage the youth to go beyond the scope of this 4-H project book to learn more about sewing.

### WHAT YOU SHOULD KNOW ABOUT EXPERIENTIAL LEARNING

The information and activities in this book are arranged in a unique, experiential fashion (see model). In this way, a youth is introduced to a particular practice, idea, or piece of information through an opening (1) **experience**. The results of the activity are recorded on the accompanying pages. The member then (2) **shares** what he or she did with the project helper and (3) **processes** the experience through a series of questions that allow him or her to (4) **generalize** and (5) **apply** the new knowledge and skill.



Pfeiffer, J.W., and J.E. Jones, *Reference Guide to Handbooks and Annuals*. © 1983 John Wiley & Sons, Inc. Reprinted with permission of John Wiley & Sons, Inc.

### WHAT YOU CAN DO

- Review the Learning Outcomes (project skill, life skill, educational standard, and success indicator) for each activity to understand the learning taking place. See page 49 for the Summary of Learning Outcomes.
- Become familiar with each activity and the related background information. Stay ahead of the learner by trying out activities beforehand.
- Begin the project by helping the learner establish a plan. This is accomplished by reviewing the Member Project Guide.
- After each project area is completed, conduct a debriefing session that allows the learner to answer the review questions and share results. This important step improves understanding from an experiential learning perspective.
- Help the learner celebrate what was done well and see what could be done differently. Allow the learner to become better at assessing his or her own work.
- In the Member Project Guide, date and initial the activities that have been completed.

## MEMBER PROJECT GUIDE

### Welcome to the *Designed by Me* project!

This project book is designed for beginning-level sewers who will learn how to:

- Use the Seven Clues for a Total Look.
- Compare similar clothing items to better understand fabric construction, care, and quality.
- Decorate (or embellish) a T-shirt, sweatshirt, button-down shirt, or simple jacket.

Embellishing a garment means adding special design features to it for interest and unique style. Examples include sewing a cute patch on the front of a sweatshirt, hand embroidering decorative stitches on the front of a top, or stamping a cool design down the sleeves of a denim jacket. You will use **at least two methods** to embellish your top to make it one of a kind! Embellishment is a great way to add your personality to an article of clothing.

The amount of time for each activity varies, but the project is easily completed within one year. If you make any purchases for this project, save the receipts for your records on page 48.

This project may be repeated as long as you choose different embellishing methods each time.

**Are you taking this project for the first time?** (*Circle one.*)

Yes

No

Check your county's project guidelines (if any) for completion requirements in addition to the ones below, especially if you plan to prepare an exhibit for the fair.

**NOTE:** Ohio 4-H offers plenty of clothing and textile science books from which to choose. If you want to do more projects like this one, check the Family Guide or visit Project Central at [projectcentral.ohio4h.org](http://projectcentral.ohio4h.org).





## MEMBER PROJECT GUIDE

### Project Guidelines

**Step 1:** Complete **all eight** activities and **all** of the Talking It Over questions. You will embellish a T-shirt, sweatshirt, button-down shirt, vest, or a simple jacket using at least two different techniques.

**Step 2:** Take part in **at least two** learning experiences.

**Step 3:** Become involved in **at least two** leadership/citizenship activities.

**Step 4:** Complete a project review.

### Step 1: Project Activities

Complete **all eight** activities and **all** of the Talking It Over questions. The More Challenges activities and the Bonus! Neatness Checkup #2 are optional. As you finish activities, review your work with your project helper. Then, ask your project helper to initial and date your accomplishment.

	Activity	Date Completed	Project Helper Initials
Creating A Total Look	1. Exploring Current Fashion		
	2. Neatness Builds Confidence		
	Talking It Over		
Getting Ideas	3. Choosing Your Top		
	Talking It Over		
Making It Yours	4. Let's Embellish!		
	5. Putting It All Together		
	6. Project Collage		
	Talking It Over		
Judging Your Outfit	7. Your Total Look		
	8. Summary of Your Project		

## Step 2: Learning Experiences

Learning experiences are meant to complement project activities, providing the opportunity for you to do more in subject areas that interest you. What are some learning experiences you could do to show the interesting things you are learning about? Here are some ideas:

- Attend a clinic, workshop, demonstration, or speech related to sewing.
- Help organize a club meeting based on this project.

- Go on a related field trip or tour.
- Prepare your own demonstration, illustrated talk, or project exhibit.
- Participate in county judging.

Once you have a few ideas, record them here. Complete **at least two** learning experiences. Then, describe what you did in more detail. Ask your project helper to date and initial in the appropriate spaces below.

Plan to Do	What I Did	Date Completed	Project Helper Initials
<i>Demonstration</i>	<i>Showed club members how to sew on a button</i>	<i>5/5/YR</i>	<i>J.D.</i>





### Step 3: Leadership and Citizenship Activities

Choose **at least two** leadership/citizenship activities from the list below (or create your own) and write them in the table below. Record your progress by asking your project helper to initial next to the date as each one is completed. You may add to or change these activities at any time. Here are some examples of leadership/citizenship activities:

- Teach someone about sewing.
- Help another member prepare for his or her project judging.
- Embellish a T-shirt for a friend or family member.
- Use fusible lettering on a banner for a retirement center resident.
- Make or help decorate a cloth bag to hold toys for a day care center.
- Host a workshop to share tips about sewing.
- Encourage someone to enroll in *Designed by Me*.
- Arrange for a speaker to visit your club and talk about sewing.
- Plan your own leadership/citizenship activity.

Leadership/Citizenship Activity	Date Completed	Project Helper Initials
<i>Organized a club field trip to a fabric store.</i>	<i>5/5/YR</i>	<i>J.D.</i>





Activity 1

# Exploring Current Fashion

**LEARNING OUTCOMES**

**Project skill:** Identifying embellished tops in the latest fashion

**Life skill:** Making decisions

**Educational standard:**  
NASAFACS 16.5.5:  
Critique varied methods for promoting apparel and textile products.

**Success indicator:**  
Evaluates attractive, embellished tops

The **Seven Clues for a Total Look** is a 4-H guide that helps you get every element of your look just right for you. It is also the way 4-H clothing projects are evaluated. **Clue #1 is fashion**, meaning the popular items we see others wearing. Current fashion may be seen in certain colors, fabrics, patterns, trim details, and even accessories. Some styles are popular throughout several seasons.

*It's all about the details!*



# 1. Exploring Current Fashion

## What to Do

Before you embellish (or decorate) a top for yourself, **take a look at embellished tops in the latest fashion** to see what interests you. Look in stores, magazines, and online sites for current looks and styles being worn by people your age. Describe how **at least two** garments are embellished and why you like them. **Attach images or drawings of your favorite items to this page.**



### Resource

Curious about your fashion personality? Find an online quiz and see if the results match what you think they should be.

	Description	Why You Like It	Images or Drawings
1st Garment			
2nd Garment			







“Style is a way to say who you are without having to speak.”

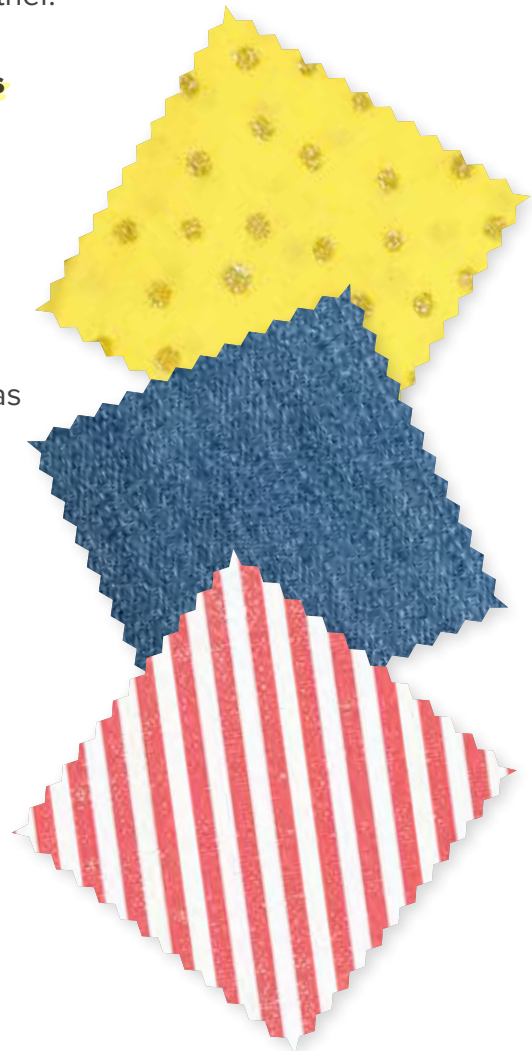
**RACHEL ZOE**  
American  
fashion designer

### Background

Now that you have learned about fashion, which is Clue #1, explore the rest of the clues to understand how to create a total look. The Seven Clues for a Total Look can guide you at any age with whatever you are wearing.

**Clue #2: Design.** Design is how you combine colors, patterns, textures, and lines when you dress. Everything in your outfit should look as if it belongs together.

- Too many **colors and patterns** can keep you from having a coordinated look. Mixing patterns can work if similar colors are chosen.
- **Texture** is the way fabric looks and feels. It can be described as soft, rough, thin, firm, fuzzy, or smooth. Texture can be added with trim or with accessories.
- **Lines in clothing** (straight, curved, vertical, horizontal, diagonal, etc.) are found in the shape of the garment, in the fabric, and in the design you add. Repeating these lines can create a coordinated look.



**Clue #3: Fit.** Choose clothing that fits well. Garments that are too big can look sloppy. If they are too small, they can look as if you have outgrown them. Look for garments that fit you properly and feel comfortable. If you are not sure how to find a good fit, ask your project helper.

**Clue #4: Construction.** Pick a garment that is made well with straight seams and finished hems. Stitching should be even and tight. Embellishments should be well-secured. Vertical and horizontal lines, and plaids should match at the side and shoulder seams.

**Clue #5: Grooming.** Being well-groomed and keeping your hair and nails clean and neat helps you feel good about yourself.

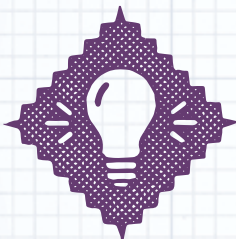
**Clue #6: Posture and Poise.** You appear more confident when you sit or stand straight and tall. Walking smoothly (but not stiffly) helps you look relaxed and confident.

**Clue #7: Personable Qualities.** Pleasant facial expressions and overall positive presentation of yourself show confidence when speaking to others.



### More Challenges

At school or your 4-H meeting, look at what others are wearing. Is there a fashion trend you see more than two people wearing? Do you like or dislike what you see? Share what you discover with your project helper.



As you develop ideas for your project top, feel free to jot down notes or add any drawings, photos, or magazine images to the **Project Collage** on pages 38–40.

