

# Arkansas 4-H Project Reflection

## Fabrics and Fashions Project

Date

Name



<b>Objectives for All Projects</b>	<ul style="list-style-type: none"><li>• Apply all 4-H training and experience in choosing and preparing for a vocation.</li><li>• Practice leadership skills and roles in 4-H and the community.</li><li>• Take part in community affairs and demonstrate citizenship responsibility.</li><li>• Develop integrity, sportsmanship and decision-making capability, and public speaking skills through experiential learning.</li></ul>
<b>Objectives for this Fabrics and Fashions project</b>	<ul style="list-style-type: none"><li>• To improve self-confidence and poise by learning to make the most of one's personal attributes.</li><li>• To learn proper clothing care practices and develop maintenance skills</li><li>• To learn basic principles of wardrobe planning and coordination.</li><li>• To learn textile fiber and fabric terminology.</li><li>• To study textiles with emphasis on selection, use, performance and care.</li><li>• To study fashion with emphasis on fashion innovation, trends, product categories, marketing, and advertising.</li><li>• To learn skills needed to construct and repair clothing, accessories, and items for the home.</li><li>• To learn how to use equipment related to clothing construction and care</li><li>• Develop consumer skills used in selection of quality clothing.</li><li>• To explore Clothing and Textiles job and career opportunities.</li><li>• Develop good posture and grooming habits. Acquire knowledge and skills in planning, presenting, and participating in fashion revues and modeling activities.</li></ul>

**I worked toward the following objectives this year: (list)**

**List talks and illustrated presentations related to the projects reported by title**

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### **What have you learned in this project?**

*List what you have learned as a result of participation in the project along with skills you have acquired related to the project.*

### **Leadership Experiences in this project**

4-H Leadership

Other Leadership

### **Citizenship Experiences in this project**

4-H Citizenship

Other Citizenship

## Arkansas 4-H Project Worksheet

### Participation in the 4-H Fabrics and Fashions Project

*Include the amount of project work (number of items, number of times, etc.) along with related experiences such as tours, public speaking, research, career exploration, etc.)*

EXAMPLE

Activity – These are examples – add or delete categories as needed	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total
<b>Construction</b>													
Techniques/skills learned													
Pattern/fabric compatibility studies													
Garments made for self													
Garments made for others													
Accessories made													
Home accessories made													
<b>Design</b>													
Pattern alterations/adaptations													
Original designs													
<b>Needlework/Home arts</b>													
Knits/crochet													
Stitches learned													
Items made													
Quilting													
Patterns used													
Hand quilted items													
Machine quilted items													

