



Enroll in ZSuite Under this Project Name: CTD-SEWING EXPRESSIONS-Lv 3: Refine Design
Approved for 2024-25 Project Year

Project Description: Youth in this project will continue to improve their sewing skills by learning advanced techniques such as lining and underlining, making two-piece sleeves, and embellishing garments.

REQUIRED YOUTH CURRICULUM

[Refine Design - Level 3 Project Guide \(08062\), 2008](#)

[Refine Design \(Sewing Expressions Level 3\) Skills Checklist](#)

[Refine Design Skills Checklist Supplemental Information Sheet](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sewing Expressions Helper's Guide \(08063\), 2008](#)

[Refine Design Skills Checklist Supplemental Information Sheet](#)

SUPPLEMENTAL RESOURCES

Note: Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the Sewing Expressions series.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete and document at least seven (7) required and optional activities in the
	Refine Design Activity Guide each year. Your project leader must initial and date (MM/YY) each activity in the guide as it is completed.
	Learn 10-12 skills each year from the Fashion Forward (Sewing Expressions Level 2) Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Refine Design Skills Checklist
	Display one of the following: <ul style="list-style-type: none"> • A garment or outfit that includes at least three (3) new sewing skills learned during the current project year. • One or more non-clothing items that include at least three (3) new sewing skills learned during the current project year. • A display or a poster (14" x 22") illustrating something learned in this project year.

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities and includes, but is not limited to, applications, admissions, access to programs and services, and employment. State 4-H scholarships for education or events are available to all 4-H participants. [Persons with disabilities who wish to request reasonable accommodation may do so by filling out an online form here, or by requesting the accommodation form from their local Extension 4-H office.](#)