

4-H

Crochet Proficiency

OVERVIEW

The 4-H Crocheting Proficiency program helps you learn what you need to know about your 4-H project. Your project leader will assist you in setting and achieving your goals. Through your project, you will acquire an understanding of the principles of artistic design: color, line, design, and texture. You will also learn how to make good use of your leisure time in constructive activities as well as learning to make useful, artistic items.

There are many resources to help you learn more about your project:

- ◇ The University of California Davis has free resources available online by visiting: <http://anrcatalog.ucdavis.edu/4HYouthDevelopment/>. This site lists a variety of project materials and resources recommended for use in your project.
- ◇ The Del Norte County 4-H Resources and Lending Library at our county 4-H Office includes other books, dvds, and reference materials that can be checked out by members and leaders.
- ◇ Check to see if there are organizations in your community that conduct educational activities and shows. Local artists can be an excellent source of help and information.

There are five levels in the Project Proficiency Program. You may choose how many levels you wish to complete:

- ◆ Level I - "Explorer", you begin to learn about many different aspects of your crocheting.
- ◆ Level II - "Producer", you practice and refine the many skills involved in crocheting.
- ◆ Level III - "Consumer", you become experienced producer of your crocheting.
- ◆ Level IV - "Leader", allows you to show your own leadership potential.
- ◆ Level V - "Researcher", you carry out a demonstration or experiment on some aspect of crocheting, and prepare a paper or portfolio.

As you work through the proficiency program, your leader will date each skill item as you complete it. When all items in a proficiency level are completed, your leader will sign the Certificate of Achievement.

CROCHET

Level I - Explorer

Date
Completed

Name: _____

- _____ 1. Demonstrate the following crochet stitches:
- Chain
 - Single
 - Double crochet
 - Slip stitch
- _____ 2. Identify the following tools and explain their use:
- Crochet hook
 - Identify the size of the crochet hook
 - Identify the material the hook is made of
 - Yarn needle
 - Marker
 - Ruler
 - Pattern
- _____ 3. Get the following information from the provided label:
- Material yarn is made
 - Weight of yarn
 - Amount of yarn
 - Dye lot
 - Care instructions
- _____ 4. Explain what the following abbreviations represent.
- dc
 - sl st
 - YO
 - sc
- _____ 5. Demonstrate the following:
- gauge - 7 sc, 2" (TBR - provide real pattern nomenclature)
 - explain the significance of gauge
- _____ 6. Read the provided pattern and answer the following questions:
- What item is the pattern?
 - What is the desired gauge?
 - What is the recommended hook size?
 - What types of stitches are used in the pattern?
 - What size or sizes does the pattern make?
 - What weight of yarn is recommended?
- _____ 7. Demonstrate how to create a granny square using the provided pattern.

CROCHET

Level I - Explorer

Date
Completed

Name: _____

- _____ 8. Which of the provided yarn types would be good for a baby blanket and why?
- _____ 9. Keep a record of items made for Crochet Project including the following
Information for each item:
Item made
Yarn used - maker, color, dye lot, weight (may be done by attaching label to
record)
Size hook(s) used
- _____ 10. Demonstrate how to safely hand scissors to another person.
- _____ 11. What should you do when someone show you an item they have crocheted?
- _____ 12. Show and explain a crocheted item you have made to a youth member in your
4-H club (does not have to be a member of the Crochet Project). Include the
following
information when you share it:
What the item is.
The fact that you crocheted it
Whether or not you enjoyed making it and why
- _____ 13. Demonstrate something to do with crochet to one or more of the following:
a. Crochet Project Leader
b. Crochet Project Teen Leader
c. Crochet Project members as a group
d. Another member of the Crochet Project
- _____ 14. Attend a county, sectional, or state event, e.g., County Fair, Presentation Day

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

CROCHET

Level II - Producer

Date
Completed

Name: _____

_____ 1.


Demonstrate the following stitches to the Project Leader or Project Teen Leader:


- a. Single crochet increase
- b. Single crochet decrease
- c. Double crochet increase
- d. Double crochet decrease
- e. Half-double crochet

_____ 2.


What do the following international pattern symbols mean?

a. 

b. 

c. 

d. 

e. 

_____ 3.

Crochet one of the following:

- a. Sweater (doll, baby, child, or adult)
- b. Vest (child or adult)
- c. Hat or scarf
- d. Purse
- e. iPod cover
- f. or a similar item approved by the Project Leader

_____ 4.

Crochet an item with more than one color yarn.

_____ 5.

Crochet an item with something other than yarn, e.g., thread, metal, beads.

_____ 6.

Record keeping - more advanced than in Level 1. Keep a record of items made for Crochet Project including the following information for each item:

- a. Item made.
- b. Yarn used - maker, color, and dye lot.
- c. Weight of yarn used.
- d. Size hook(s) used.
- e. Comments - how did the item turn out - was it the desired size, did you deviate from the pattern, would you use the pattern again and why.
- f. Copy of pattern annotated with the above information

CROCHET

Level II - Producer

Date
Completed

Name: _____

- _____ 7. Enter something you have crocheted into a competitive event such as:
County Fair Fashion Revue Wool contest
- _____ 8. Do an analysis on one of the following:
a. Pros and cons of using wool yarn, and when would you choose wool yarn
b. Pros and cons of using acrylic yarn, and when would you choose acrylic yarn
c. Compare knitting and crocheting
- _____ 9. Do one of the following:
a. Adjust a pattern to a larger or smaller size
b. Use a different weight yarn than specified by a pattern, but attain the size specified by the pattern
- _____ 10. What can a small crocheted item be washed in to avoid stretching when washed in a washing machine.
- _____ 11. What can you do to keep the item you are crocheting clean?
- _____ 12. Design a crochet item and provide all the needed information and pattern directions to create it. Why did you choose the stitches you chose to put in the pattern?
- _____ 13. Design and make a crochet-related display, and display it outside the crochet Project:
a. Make a display board for the 4-H club meeting
b. Make a display board for the fair
- _____ 14. Crochet and donate an item to charity:
a. Blanket Harrington House or Hospital Maternity Ward
b. Crochet and donate an appropriate item to a member of the armed services
- _____ 15. Find a new source for patterns, yarn or other materials with which to crochet and present a review of the source to the project.
- _____ 16. Participate in a county, section or state event, e.g., County Fair, Presentation Day

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

CROCHET

Level III - Consumer

Date
Completed

Name: _____

- _____ 1. Demonstrate the following stitches to the Project Leader or Project Teen Leader:
 - a. Popcorn stitch
 - b. Beaded stitch
 - c. Another stitch approved by the Project Leader
- _____ 2. Prepare crochet-teaching materials for a project meeting.
- _____ 3. Assist younger or newer members with choosing a Crochet Project.
- _____ 4. Assist younger or newer members with identifying needed materials and equipment for Crochet Project.
- _____ 5. Assist younger or newer members in learning a new crochet stitch.
- _____ 6. Answer questions younger or newer members have about crocheting.
- _____ 7. Do one or more of the following:
 - a. Give a crochet related presentation at a Club meeting
 - b. Give a crochet related presentation at a Presentation Day
 - c. Give a crochet related presentation at a 4-H Council meeting
- _____ 8. Start your own reference library for crochet, e.g., books, magazines, information from the internet.
- _____ 9. Do one or more of the following:
 - a. Organize crochet demonstration during Presentation Day or County Fair
 - b. Organize field trip to a yarn store
 - c. Organize a display of items crocheted by the Crochet Project at a public library
- _____ 10. Participate in the planning or running in one of the following County events:
 - a. Fashion Review
 - b. Presentation Day
- _____ 11. Identify any local, state and/or national crochet organizations.

CROCHET

Level III - Consumer

Date
Completed

Name: _____

- _____ 12. Record keeping - more advanced than in Level 2. Keep a record of items made for
Crochet Project including the following information for each item:
- a. Item made
 - b. Yarn used - maker, color, and dye lot
 - c. Weight of yarn used
 - d. Size hook(s) used
 - e. Comments - how did the item turn out - was it the desired size, did you deviate from the pattern, would you use that pattern again and why
 - f. Copy of pattern annotated with above information
 - g. Time spent on each item
 - h. Cost to make item
 - i. Summarize on a Record Book Annual Report Form
- _____ 13. Participate in, or organize, a community service project such as:
- a. Making and donating crocheted items to a charitable organization
 - b. Making and donating crocheted items to a hospital
 - c. Some other activity approved by the Project Teen Leader
- _____ 14. Assist at a County, Sectional, or State event such as:
- a. Fashion Review
 - b. Presentation Day
- _____ 15. Complete one year as a Junior/Teen Leader in any project.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

CROCHET

Level IV - Leader

Date
Completed

Name: _____

- _____ 1. Serve as Junior or Teen leader in this project for one year.
- _____ 2. Crochet an item with a material you have not previously used, e.g., plastic bags, metal, beads.
- _____ 3. What should be taken into account when judging a crocheted item?
- _____ 4. Name two careers that used crochet-related knowledge or skills.
- _____ 5. Research one of the following topics and present the results of your research to the project, Club, or County Council:
 - a. How yarn is made
 - b. Anatomy of a crochet hook
- _____ 6. Compare the cost of crocheting an item to purchasing a crocheted item:
 - a. Is it cheaper or more expensive to crochet an item yourself?
 - b. How and where are purchased crocheted items produced?
- _____ 7. Give a presentation related to crochet at one of the following:
 - a. County Council meeting
 - b. Presentation Day
 - c. 4-H Club meeting (not your own Club)
 - d. A school
- _____ 8. Identify and invite someone to speak to the Crochet Project or Club about crocheting.
 - a. Invite someone to speak to the Crochet Project or 4-H Club
 - b. Introduce speaker to the Crochet Project or 4-H Club
 - c. Describe five things to consider when inviting, introducing, and thanking a guest speaker
- _____ 9. Design or improve some aspect of crochet, e.g., marketing, equipment, materials, etc., by doing one of the following:
 - a. Creating a body of work and arranging to sell it
 - b. Some other activity approved by the Project Leader

CROCHET

Level IV - Leader

Date
Completed

Name: _____

- _____ 10. Help plan a 4-H County, Sectional, or State event, such as:
- a. Fashion Review
 - b. Presentation Day
 - c. Some type of Field Day

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

CROCHET

Level V - Researcher

Date
Completed

Name: _____

- _____ 1. Complete one year of Junior or Teen Leadership in the crochet project.
- _____ 2. Develop a crochet-related plan, chart the progress, analyze successes and/or problems, and report the results. The crochet related plan can be for one of the following:
- a. Identifying, contacting and coordinating donation of crocheted items to organizations that the Crochet Project has not donated to before.
 - b. Crocheting an advanced crochet item - jacket, sweater, large afghan, larger throw
 - c. Starting a crocheting group outside the Crochet Project
- _____ 3. Prepare an aspect of your project and contribute it to the County resources for others to use, e.g., record keeping forms, resource list for sources of yarn, crochet patterns, etc., lesson plans for a Crochet Project, CDs.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

Certificate of Achievement

This certifies that

has completed the Crochet Proficiency

in Del Norte County.

Explorer

Date

Initials

Producer

Date

Initials

Consumer

Date

Initials

Leader

Date

Initials

Researcher

Date

Initials