

Spring 2016
FULL SEMESTER COURSE – Sew Like a Pro
▶ Course Emphasis: Alterations
Starts: Thursday, Feb 4, 2016 or Tuesday, Feb 9, 2016
9 weeks – 18 CLASSES: Thursdays
17 CLASSES: Tuesdays
Thursdays 9:30 to 2:30 pm (5 hour classes)
Tuesdays 4 to 8 pm (4hour classes)
Instructor: Joan McKenna
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619-588-2244
Blog: www.sewalongwithjoanie.com

Location: Bayside Community Center
2202 Comstock Street
San Diego, CA 92111
858-278-0771

For the First Day of Class:
Print this Syllabus, Trouble Shooting your Sewing Machine &
Sew Like a Pro: Advanced Sewing Operations Portfolio Patterns
Always print EVERYTHING without Scaling or “Fit to Page.”
Take everything with you to class. Always Bring along a USB.
You will be glad you did.

Be prepared to take notes, computer register with your CSIDs Card, & fill out other forms.

Course Objectives:

Students will demonstrate their class acquired learning and competencies through practical applications, plus written and oral communications. At the end of the course, with reasonable attendance, the student should be able to demonstrate the ability to:

1. Select and maintain appropriate small equipment related to construction procedures.
2. Identify various types of fabric, interfacings and sewing supplies.
3. Coordinate appropriately: fabrics and stitches .
4. Layout pattern pieces efficiently on fabric according to the appropriate grain line marked on the pattern.
5. Demonstrate the use and maintenance of sewing machines, sergers, cutting tools, and other equipment and supplies necessary for efficient sewing.
6. Document progress of sewing abilities by the completion of a Sewing Operation Portfolio.
7. Identify and discuss entry level career positions for beginning sewers in the sewn products industry.

Method of Instruction:

Methods of Instruction may include, but are not limited to: classroom lectures, classroom discussions, collaborative learning, peer training, demonstrations, internet resource websites and links for research,

YouTube, software programs, books on disk, text books, library building books, written information handouts, audio-visual presentations, **fandangos**, field trips, guest speakers, completion of portfolios and sewn projects, personalized attention, and other student projects. To get Individualized Help: Write your name on the white board in descending order under the word "Help."

Student Responsibilities:

Students are expected to come to class on time (see me if you can't) and commit to attending class each day. Sign in and out on the Class Attendance Sheet. If you do not sign in, I can NOT give you credit for coming to class.

ALL My Syllabi are ALWAYS subject to change.

Class 1: Thurs Feb 4 – First Day of Class. Introductions. Computer Registration in computer room. Use your CSIDs number. Student Learning Outcome Sheets. Phone number and email form. Tools and Equipment supplied by the School. The syllabus. Classroom Etiquette. Handouts and Resources on a USB. Work along with instructor. Keep up with assignments. Homework. All Levels Welcome. Laying out & cutting. Bring your own sewing machine from home to use or provide TLC for the school's machines. Signing out Sewing Machines? EROs. The Reference Text. There is a great Glossary in the text. Lots of lessons. There is usually catch up time at the beginning of class. Receiving help and learning from each other. Always list your topic on the "Help" board. Buying your project needs: fabric, notions, & lifetime sewing kit. Buying a sewing machine. Email your absences to me. **Cleaning up at end of EACH class.** Today's Lessons:

1. **Where are the jobs:** Entrepreneurial Ventures, Manufacturing, Department Stores, Men's Clothing Stores, Bridal Stores, Theaters, Dry Cleaners and Casinos,
2. **The Sewing Operations Portfolio.** This course is tough in the beginning. Do the work involved - ONTIME. It will pay off. How and WHY to start a sewing portfolio. Print: the Syllabus, the Sew Like a Pro Portfolio Patterns, Troubleshooting your Sewing Machine, Classroom Etiquette. Print without scaling or fit to page.
3. **Power Point on Sewing Needs:** New Sewer's Supplies 2.
4. Upcoming **Fandango and Homework.**

Note: You **ABSOLUTELY** need to keep up with the work and assignments. Understand that you can get hurt sewing. You can get injured if you don't take care of the equipment and yourself. (Commandment #1: Safety First !!) This could cause you to give up the greatest most fulfilling pastime in the world!!!!

FANDANGO: Saturday February 6, 2016 - Field Trip to Yardage Town, and Central Sewing in El Cajon with Joan McKenna. Remember to bring your supply money.

If you print this syllabus early, feel free to join us on the fandango. We would love to have you come !!!!

9:30 AM - Yardage Town. 1043 Broadway. El Cajon. 92021. Phone: 619-444-3208. Do NOT buy Serger Thread here. Buy woven inexpensive Light Denim, Woven Interfacing, some supplies. **it is a good idea to buy your pattern: McCall's 6972 – Adult Size.**

11 AM - Central Sewing East. 1125 North Second Street. El Cajon. 92021. Phone: 619-447-3244. To buy: Corner Template, Simflex, Mechanical Chalk Pencil, Bobbins, Schmetz Needles.

? Lunch ? MJ's Family Restaurant 576 North 2nd Street. El Cajon, CA 92021 (619) 444-1902
<http://mjsfamilyrestaurant.com/>

El Cajon Bistro. 109 Jamacha Road, El Cajon, CA 92019 (619) 590-0278.

Homework: 1. Print from the blog. 2. **Come to your next class with** interfacings, & fabrics preshrunk. Stabilizers do NOT get pre-shrunk.

Class 2. Use a paper scissors, ¾ inch wide GREEN Invisible tape, a gallon size baggie, and your printed Sew Like a Pro Advanced Operations portfolio patterns. (Printed with NO SCALING or Shrink to Fit.) Cut out the pattern pieces and put them in your gallon size baggie. Bring all supplies you will need to class.

Class 3 - Fabric Prep work is the most important part of sewing: Totally take notes on this lesson if you come unprepared !!!! Truing your fabric on grain, Layout your portfolio patterns on your preshrunk fabric.

- A. View the power point: Grainlines & Other Prep for Layouts.
- B. Remember to: 1. Lay everything on grain. 2. Get an okay from the instructor to cut.
- C. Learn how to cut ergonomically.

Production Term of the Day is commandment #12: Respect Thy Grainlines. Remember to cut your interfacing:

Homework: What you do not finish in class, you will need to do at home. Come to next class with everything cut out on grain. **Remember to bring Scrap Fabric to all classes plus all your cut out fabric pattern pieces and patterns.** Individual and Group Help.

Class 4 – More Prep Work: Demo & Do: Fusing interfacing with a press cloth, Serging, and Marking: Commandment #14: Thine Iron is Thy Friend. Learn to give **TLC to the school's sergers.** Serging to stop raveling: Individual and Group Help. **Remember to bring Scrap Fabric to all classes plus all your cut out fabric pattern pieces and patterns.** Individual and Group Help.

Class 5 – TLC for the school's straight stitch sewing machines – Care, maintenance, threading of straight stitch machines. You will need your printout: Trouble Shooting Your Machine. Missing this maintenance class tells the instructor that you will not be using the school's machines. Talk to me. There are many ways to do things. NEVER expect any two sewers to agree on technique. **Homework: Finish up what you didn't get to complete in class.**

Class 6 – through Class 18- Sew Along Demo & Do: Grading Sheets are at the end of this syllabus. And remember:

Write in the Date Completed on your grading sheets for your portfolio.

Turn in your Sewing Operations Portfolio Shoe Box & Grading Sheet. PICTURES WILL BE TAKEN. Individual and Group Help.

*******Saturday, April 16, 2016** Fandango Field Trip to the LA Garment District with Sew Pros. \$50 to ride their bus. It's worth it !!!! Call Rosemary or Deana at the Clairemont Store for details: 858-279-2500. Bring your pattern envelope and syllabus. You can buy the rest of your supplies and fabrics for your garment.

Sewing Operations Portfolio Needs:

4 yards woven solid colored inexpensive Light Denim fabric – 45" wide (This includes extra for shrinkage)

1 ½ yard of light fusible (iron-on) woven interfacing

1 yard fusible white Nylon or Polyester Tricot (Sometimes called French Fuse)

½ yard Tear Away Stabilizer (1 package Sulky's Tear-Easy is fine) Do NOT pre-shrink.

NON-Matching GOOD QUALITY polyester-cotton thread*****

*****Gütermann's, Molnyke, Mettler, Dual Duty

NEVER buy cheap thread (I.E. Do NOT buy: Two Spools for a \$1 threads.)

1 11-inch jeans zipper that do not match your poly/cot fabric

One Fancy Box or shoe box
1 Gallon size Ziploc baggie
Bobbin(s) for the sewing machine you are going to use.
4 GIG USB (**Bring to EVERY CLASS !!!**)

Alterations Project Needs:

We will talk about this in class.

Basic Sewing Kit Needs: (INVESTMENTS FOR A LIFETIME !!!!)

Embroidery scissors
5 inch Ginghers craft scissors (Don't buy this without a 50% off coupon)
An unbreakable thread catcher
Fabric shears
Paper scissors
FABRIC tracing wheel and fabric tracing paper
Glass headed or quilter's straight pins - Dressmaker straight pins #17 are fine.....
Pins should be 1.5 to 1.75 inches long.
Regular Pincushion -- **No magnetic pincushions in the classroom.**
Frixion Pen(s) – with marker head. Manufactured by Pilot. (Iron heat removes the marks....)
Tailor's Chalk (The squares or triangles)
Tailor's Chalk Mechanical Pencil
Variety of hand sewing needles
Darning Needles
White basting thread
Press Cloth (This should be a single fold diaper or a "flour sack" dish cloth)
Point turner
Bee's wax
Simflex
Thimble
High Lighter
6-inch sewing gauge
18-inch grid ruler (2 inches wide)
Seam ripper
Thimble
3/4-inch wide Scotch Invisible Tape (The packaging is GREEN plaid)
Fairly new Tape measure
Plastic Tool Chest or Fishing Tackle Box for your supplies
Pencils, Sharpie ultra-fine markers
Instruction book for your personal sewing machine and/or serger*
*ONLY if you plan to bring your own machine to class
*YES...the school has manuals for all our machines
Scrap Fabric (check machine **EVERY TIME** you begin to sew)
Needle Threaders
Schmetz or Klassé Needles - size **14/90 universal** for straight stitch home sewing machines.
"Tooth Brush" Kit for rethreading, cleaning, small repairs.
1 Small regular screw driver and 1 with a Phillips head.
Looper threaders if your serger is NOT self-threading

Text for Reference:

Any sewing book
Singer's Costura con Maquina de Overlock
Singer's El A B C de la Costura

Best Website Help – for Sewing Techniques

<http://www.sewing.org/html/guidelines.html>

www.youtube.com (You will need to search for videos...Some are excellent)

<http://www.singerco.com/resources/>

www.sewingsupport.com

Course Evaluation

Final course evaluation of the student's ability will be based on, but not limited to, the following criteria:

1. Self-evaluation completion of Course Student Learning Outcomes.
2. Working and completion of alteration projects.
3. Demonstrate the selection, use and maintenance of sewing machines, sergers, pressing equipment, cutting, hand-sewing tools, and other appropriate notions.
4. Document progress of skills by the completion of a sewing portfolio. I am going to take pictures the last day of class.....
5. Evaluate employment opportunities in the fashion and sewn product industries.
6. Attendance and punctuality. Student **must** attend 80% of each class in the course. Missing more of the course hours: will affect learning, grade, and certificate earning ability.

(Total: Thursday Sew Like a Pro Class hours: 90 . 80% = 72.

(Total: Tuesday Sew Like a Pro Class hours: 72 . 80% = 57.

Note: Paper Certificates are NOT given for Course Completions. There are Paper Certificates given for Program Completions. The Clothing Construction Program consists of 4 courses: Sewing Fundamentals 1 & 2, Sewing Like a Professional and Contemporary Tailoring.

Future Classes and Events:

April 16, 2016: Sew Pro's next LA Fandango Field Trip. 1-858-279-2500. \$50.00

May 2016: Mesa's Fashion Show. Yes, we can show in the show !!!!!

Prep Work Instructions

Fabric Prep - After you buy your fabric and interfacing, you need to **preshrink** it. The fabric gets washed and dried. You always pre-wash and dry your fabric the same way you are going to take care of the sewn product that you are going to produce from it. Fusible interfacing (woven or knit) is put in a **clean** sink filled with warm water for a minute or two, then swished around. Remove and roll up in a towel to take most of the moisture out. Then hang dry. You really can't run this through your washer and dryer, because the glue will melt off. Stabilizers do NOT get pre-shrunk.

Cutting – Cut out all your **patterns** on their **outside** cutting lines and put them in a gallon size plastic baggie. (I like to use freezer baggies because the plastic is a bit thicker.) Cut around the outside of the notches. **Notches are the "Diamonds" on your patterns.** Get a fabric cutting demo from the instructor.

All of the fabric samples will be cut on the straight lengthwise (warp) grain unless otherwise specified on the pattern. ALWAYS.....Cut fabric as directed on the patterns. The straight lengthwise (warp) grainline is

parallel with the selvage (manufacturer's finished) edge of the fabric. Information on grainlines is included in your textbook. Check your text for cutting instructions for woven fabric cut on the straight lengthwise (warp) grain, bias grain, and for knit fabrics. Until your text arrives, check <http://www.sewing.org/html/guidelines.html>. Observe the "sew along" demo. **Check your text's glossary for words that are unfamiliar to you.**

Fusing your cut interfacings to your facings - The textured (bumpy or shiny) side of your woven or knit interfacing is the glue side and it faces the wrong side of your facing. **(NEVER face the glue side up when ironing. You MAY glue it to the iron and then you will have to clean the iron.)** **Use a Press Cloth!!!!** Be sure to follow the manufacturer's directions for pressing on the fusible interfacing to the wrong side of the fabric. Never fuse with pins in the fabric. It won't let the interfacing lie correctly. *Believe in your fabric. It will talk to you.* **Read the key terms and concepts in your text.**

Serge*** all non-encased and open edges. *****Serge Option:** If you just don't want to use a serger, check out what utility overlock and decorative stitches come with straight stitch sewing machines to stop the fabric edges from raveling. You may use these stitches instead of serging your edges.

Mark your Fabric with all Pattern Markings - You will need to use your chalk, fabric tracing wheel & paper. There are several ways to handle notches: ***Diamonds on your patterns.*** For now, **do NOT** cut the notch off or cut into your notches when cutting your pattern pieces out of fabric. Cut around the outside V-shape of the notches.

Interfacing: Fuse, Serge & Mark

Pattern pieces that need interfacing

Remember: Woven Interfacing for Woven Fabrics. Knit Interfacing for Knit Fabrics. Fuse before serging open edges. Encased edges do not need to be serged.

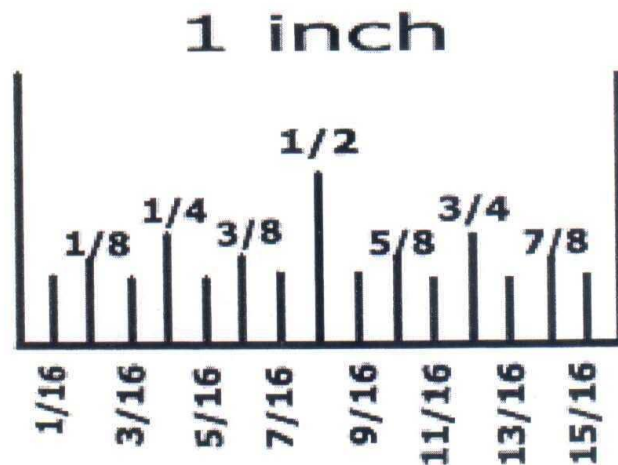
Pattern pieces that need tracings

Additional Markings using Chalk, Frixion Pens, Wax, etc

Serging

Reading The Lines On A Ruler/Tape Measure

1. The longest line in the inch is in the middle. This is the half-inch mark and there is only one.
2. The next shortest line is the $1/4$ " (one quarter of an inch) inch mark and there are only two of these.
3. The third shortest line is the $1/8$ " (one eighth of an inch) mark and there are four of these.
4. The fourth shortest is the $1/16$ " (one sixteenth of an inch) mark and there are eight of these.
5. Some rulers will go a step further, down to $1/32$ " but this is often more precise than most woodworking cuts need to be.
6. On the typical ruler the basic (smallest) unit of measurement is $1/16$ ". If you count the distance between two inch marks (one inch) you will find sixteen lines. This is because an inch is $16/16$ th of an inch long. Because we like to express fractional numbers in the largest unit possible we call it one inch. So it follows that if you have 8 lines, or $8/16$ " you have a half-inch or $1/2$ ". And likewise, if you have 4 little lines, or $4/16$ " you have a quarter inch and so on.



Student Name:

Date:

Sewing Like a Pro Grading Sheet

Presentation Student
Date Completed

Portfolio:

Class 6 1. _____ 1 Kick Pleats
_____ 2. _____ 1 Mitered Corner

Class 7 3. _____ 1 Sleeveless Facings.

Class 8 4. _____ Fly Front Zipper

Spring Break: March 28 – April 1. No Class.

Class 9 5. _____ Continuous Shirt Placket

Class 10 6. _____ Two Piece Shirt Placket

April 16th – Sew Pro's Fandango to the LA Garment District

Class 11 7. _____ All About Pleats

Left Off of Portfolio to make room for Alterations ?????? My students need to tell me.

Class ? ?? . _____ Fussy Cut Plaid Skirt
_____ ?? . _____ One Piece Shirt Placket

Alterations: Check your closet, first ! Then, check with your family, before you go to the thrift shop. Some of the projects will cross over. Keep checking with your fellow student. Besides learning from me, you will be learning from them. The instructor must approve all the alterations you will be doing before the class. There may be things you need to buy at your neighborhood fabric store.

Class 12 8. _____ Shorten one pair of pants, jeans or slacks.

Class 13 9. _____ Lengthen a skirt.

Class 14 10. _____ Take in or let out a waist.

Class 15 11. _____ Replace a zipper.

Class 16 12. _____ Take in a shirt that is too big.

Class 17 13. _____ Creatively redesign a garment.

_____ 14. _____ Open Sewing Catch up, Grading and Pictures Taken !!! Tuesday Evening class.

Class 18 14. _____ Open Sewing Catch up, Grading and Pictures Taken !!! Thursday Morning class.

This portfolio is only the beginning. You will be adding to it as your sewing knowledge grows.

I certify that I have _____ samples.