PERSONAL EXPRESSION

Express your own personality. Many things influence our clothing choices. Which ones are the most important to you?

✓ Your own thoughts, feelings, and actions.
✓ Lifestyle, the activities you are involved in everyday.
✓ The weather or climate in your area.
✓ Styles and colors that you and your friends like.
✓ Fabrics and clothing that are available to you because of cost or where you shop.
✓ Community standards. The styles that your parents and others in your community or school think are acceptable.
✓ How you want other people to see you!

CONFIDENCE IN PERSONAL APPEARANCE

Confidence in your personal appearance begins with the basics.

✓ Frequent or daily bathing and use of deodorant.
✓ Clean hair styled to complement your face and shape of your head with a contemporary look.
✓ Well-manicured nails. If polish is used, it should be fresh and not chipped or worn off. Open-toe shoes and sandals mean well-manicured toenails too.
✓ Good health shows in your face, hair and even your posture. Nutritious foods, exercise and sufficient rest keep you looking fit.
✓ Facial expressions and gestures express attitude. Pleasant expressions, smiles and poised gestures send a message of confidence and positive attitude.
✓ Comfortable clothing allows you to direct your attention to more important things. Clothing should be the right length and fit well, without being too tight or too loose.
✓ Clothing should complement your unique physical features. Use the Elementary and Principles of Design* to help you explore what looks best on you. (*Elements and Principles of Design are discussed on page 3)
ELEMENTS and PRINCIPLES of DESIGN

<table>
<thead>
<tr>
<th>Elements of Design</th>
<th>Principles of Design</th>
</tr>
</thead>
<tbody>
<tr>
<td>Color or hue</td>
<td>Balance</td>
</tr>
<tr>
<td>Line</td>
<td>Emphasis</td>
</tr>
<tr>
<td>Shape &amp; Form</td>
<td>Proportion &amp; Scale</td>
</tr>
<tr>
<td>Space</td>
<td>Rhythm</td>
</tr>
<tr>
<td>Texture</td>
<td>Harmony &amp; Unity</td>
</tr>
</tbody>
</table>

(If you are not familiar with the Elements & Principles of Design, talk to an art teacher, a Family and Consumer Science teacher or an extension educator in your field education unit.)

To make the most of your own unique physical features, learn to use the Elements and Principles of Design. Use them to draw attention to your best features and to disguise or “lead the eye away” from figure faults. Consider a few guidelines listed below or find a book on fashion to look for more ideas.

Design elements in clothing that help to draw attention to your best features are:
- Light or bright colors, especially in warm hues.
- Applied decoration in that area, for example, embroidery, trims, bows, beading, sequins, etc.
- Structural design, such as seams, darts, pleats, gathers or different shaped pattern parts.
- Fabrics that accent, such as shiny, clingy or textured fabrics.
- Large bold designs or busy printed fabrics.
- Close fitting garments

Design elements in clothing that draw attention away from figure faults are:
- Dark muted shades, especially in cool hues.
- No applied decoration in that area.
- Very few structural design elements, that is very few seams, darts, gathers or pleats.
- Flat (not shiny) fabrics and soft draping fabrics.
- Plain, not patterned, fabrics or very subtle, small repeated designs.
- Garments that “skim” the figure; loose but not baggy.
**BODY TYPES**

*Figure Analysis*

The shape of a female body is called *figure* and the shape of a male body is referred to as *physique*. Body build is a combination of the measurements at the chest, waist and hips and the length between these points on the body. Each individual has a unique figure or physique and he/she can enhance their appearance by drawing attention to their best features.

**Common body types**

- Tall & thin
- Tall & heavy
- Heavy hipline
- Short & thin
- Short & heavy
- Thick waistline

<table>
<thead>
<tr>
<th><strong>To look taller</strong></th>
<th><strong>To look shorter</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Use a single color from shoulders to hem</td>
<td>Upper &amp; lower garments of contrasting colors</td>
</tr>
<tr>
<td>Narrow and straight silhouettes</td>
<td>Shoulder, midriff or hip yokes</td>
</tr>
<tr>
<td>Longer garments, rather than shorter</td>
<td>Short, wide jackets, boleros</td>
</tr>
<tr>
<td>Narrow or straight-legged pants</td>
<td>Wide-legged pants</td>
</tr>
<tr>
<td>Shoes with a heel</td>
<td>Short skirts, accents at the waistline</td>
</tr>
<tr>
<td>Plain fabrics, soft, muted colors, plan or small prints</td>
<td>Large, bold printed fabrics, bulky and textured</td>
</tr>
<tr>
<td>Shoes/socks/nylons that are color-related to the outfit</td>
<td>Strong horizontal or diagonal lines</td>
</tr>
</tbody>
</table>

**To look thinner**

- Accents near face
- Gently fitted styles
- Inset or concealed pockets
- Vertical lines, long silhouettes

**To look heavier**

- Accents on heaviest part of body
- Bulky and bouffant styles
- Patch pockets
- Curved, horizontal or diagonal lines
Wardrobe Planning

Conduct a wardrobe inventory.
What do you own?
Which items in your closet do you like?
What is worn out and needs to be discarded?
Compare your lifestyle (everyday activities) with your current wardrobe.
Do you need to add things to your wardrobe?
What do you need to fill in the missing parts?

When you are ready to add garments to your wardrobe, consider the following ways to increase the usefulness of the clothing you buy/make and the existing items in your closet.

❖ Basic or classic styles last for several years.
❖ Accessories harmonize better with simple classic lines and versatile textures in "quiet" colors.
❖ Accessories are often less expensive and can be changed to make the outfit look different or new.
❖ Choose separates that can be mixed or matched based on the same color scheme to create different outfits and greater variety.
❖ Spend less money on fad clothing, more on classic pieces that will last for several years. Fad clothing is fun and everyone enjoys wearing the current fad but carefully consider cost when selecting clothing styles that will only last one season.
❖ Check out many different resources when purchasing clothing: department stores, discount stores, catalogs, consignment shops, garage sales, and second hand stores. Don’t forget about that older brother/sister or cousin when looking for hand-me-downs to increase your wardrobe power.

*A good resource for evaluating clothing decisions is “A Style of Your Own.” This 4-H CCS curriculum offers two activity books: “Discovering Choice” for young teens and “Managing Choice” for older teens. Ask your Extension Educator about these publications.
### Cost per Wear Form

**NAME**

<table>
<thead>
<tr>
<th>CLUB</th>
<th>CO./DIST.</th>
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<tbody>
<tr>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>GARMENT(S)</th>
<th>CARE/MAINTENANCE</th>
<th>COST PER WEAR</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>PER YEAR</td>
<td>ANNUAL COST</td>
</tr>
<tr>
<td></td>
<td>TIMES WORN</td>
<td>TIMES WASHED</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

List each garment. Identify whether it was constructed or purchased. Enter the retail cost, if known, actual cost, number of times the garment will be worn (either as part of this outfit or another) and the appropriate care information. For constructed garments, be sure to include the cost of the fabric, pattern, elastic, thread, buttons, zipper, and any other miscellaneous items.

- C/P
- Constructed/Purchased
- Retail Cost
- My Cost
- Times Worn
- Times Washed
- Dry Cleaned, Leather Care, Other

To Calculate: Add My Cost and the Annual Care Cost, then divide the sum by the Number of Times Worn per Year.

<table>
<thead>
<tr>
<th>TOTAL ACCESSORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

- Belt
- Jewelry
- Scarf or Tie
- Hose or Socks
- Shoes
- Special Undergarments
- Other:

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*DO NOT WRITE IN DARKENED BOXES*

April 2003
Completing the Look

Here are some reminders to help you conquer the Style Revue to be the best version of you!

Cleanliness

Cleanliness and freshness are of major importance to the impression you make.

☐ I am freshly bathed
☐ I have freshly shampooed hair
☐ My hair is styled and combed
☐ My teeth are brushed
☐ My nails are filed and clean

Clothing

You’ve worked hard on your new garment and you want it to look its very best.

☐ My garment is impeccably clean
☐ I have pressed my garment
☐ I have clipped any loose threads

Makeup

The whole point of makeup is to make you look fresh and vital. If you normally wear makeup, apply it as naturally as you can. Do remember though, that at a distance your makeup fades. You may want to intensify your blush, lips, and eye colors.

☐ Make makeup has been freshly applied
☐ My makeup is well blended
☐ My makeup is appropriate for my age
☐ My makeup is appropriate for my outfit
Accessories

Once you’ve chosen your modeling outfit or any other outfit you intend to wear, you will want to add some accessories to “complete your total look”. An accessory is an item that can be added to something else in order to make it more useful, versatile or attractive. Accessories could include the following: Hats/Caps, Bows, Headbands, Necklaces, Earrings, Bracelets, Watches, Ties, Scarves, Belts, or a Purse.

☐ My accessories are in proportion to my body size  
☐ My accessories complement my garment  
☐ The colors of my accessories contrast or blend with my outfit  
☐ I am wearing appropriate undergarments (i.e. panty hose, non-sheer garments)  
☐ My shoes are clean, polished, and fit appropriately  
☐ I am comfortable standing and walking in my shoes  
☐

Props

It’s fun to add a prop when modeling for an audience. It provides an added flair and sometimes helps to tell the story of where you might wear your outfit.

☐ Sports equipment  
☐ Books  
☐ Notebook  
☐ Umbrella  
☐ Flowers  
☐ Sunglasses  
☐ American Flag  
☐

Remember the most important finishing touch is a positive attitude! Take a couple of deep breaths, relax, and wear a smile!
HOW TO BE A SUPER MODEL!

SUPER STEPS

1. Enter slowly
2. Walk to your first point
3. Pivot twice at this point
4. Walk slowly to next point and repeat steps as needed

*If you have a jacket properly take it off while facing away from the audience/judge at one of your points

TIPS

★ Smile
★ Walk Slowly
★ Relax
★ Be Confident
★ Stay Poised/Have Balance
★ To look a little more professional place one hand on your hip when you turn at each point
★ Have Fun :)

MODELING SHAPE PATHS
Modeling Tips

When you show your garment in a fashion revue, choose from these (or other) modeling positions, turns, and poses. Use comfortable, natural movements that show off your garment and your personal style.

“T” Position

The “T” position is the base position for most models and everyone else who wants to stand correctly and attractively. It allows natural alignment of muscles, bones, and organs while giving the body a pleasing visual dimension.

For a “T” pose, place your left foot with your toe pointing straight ahead as though it were the large hand on the clock. Your right foot should be drawn back with the inside of your instep touching the heel of your left foot and your right toe pointing as though it were the small hand of the clock at the 2 o’clock position.

You also can reverse the position of your feet and place them in the 10 o’clock position.

Settle your weight on your back foot, relax and slightly bend the knee of the forward foot. Your posture should be natural and easy. Take a deep breath and let it out to relax. Then pull your stomach muscles tight and in as you raise your diaphragm up. Your shoulders will fall in line naturally.

You can pose your hands in a variety of ways. Try clasping them behind your back or letting your fingertips rest at your side seams. You can cup your hands together in front of you at your waistline or put one hand on your hip or in your pocket. Be careful not to throw your weight to one side and put your hips off balance. The hip line should always be even for a healthful, becoming posture.

Settle your weight on your back foot. You are in model stance. You can practice in front of a mirror until you find the positions that are most attractive for you. Soon these positions will become familiar to you and you’ll find yourself very comfortable and relaxed. Your posture will contribute to your overall fitness and poise, whether you’re visiting with a friend or giving a speech.

Fashion Revue Guide
Modeling Turns

Half Turn

Beginning in the 2 o’clock “T” position, step off with your left foot, walk forward until you’re ready to turn, take a half step with your right foot:

Raise your heels slightly off the floor and pivot a half turn to your left. You’ll end up in this position:

To begin in the 10 o’clock position, step off with your right foot, walk forward until you’re ready to turn, and take a half step with your left foot:

Lift up on your toes and pivot a half turn to the right. You’ll finish in this position:

Settle your weight on your back foot. You’re in model stance. You can hold your pose and when you’re ready, step off with your front foot.

Quarter Turn

Beginning in the “T” position, step off with your front foot, walk forward until you’re ready to turn, and take a regular step with your left foot and a half step with your right foot:
Raise your heels slightly off the floor and pivot a quarter turn to your left. You’ll finish in the 2 o’clock “T” position:

If you wish to make a turn to the right, take a regular step with your right foot and a half step with your left foot:

Raise your heels slightly off the floor and pivot a quarter turn to your right. You’ll finish in the 10 o’clock “T” position:

Settle your weight on your back foot. You are in model stance. You can pause for a moment, and when you’re ready, step off with your front foot first. With practice, you’ll no longer even think about what your feet are doing. You’re on your way to modeling with ease.

**Mannequin Poses**

The “T” position is the basic mannequin pose and is appropriate for all types of clothing.

The other mannequin poses you’ll learn are not as versatile as the “T” but are attractive when modeling garments for Fashion Revue. They can add variety and interest to a show or photo and enhance both the model and the outfit. Alter these standing positions by varying your hand positions.

The position described and illustrated are frozen positions in which the model looks like a store mannequin. Sometimes, Fashion Revue begins with four or five models walking on stage, posing in a mannequin position, and holding that position until their names are called and the commentary is read. At that time, the models “come to life” and show the garments.
“A” Pose

In the “A” pose, you stand with your feet hip-width apart and your toes pointed out at about a 45° angle. Keep your knees fairly stiff and your ankles “cracked inward.” Rest your hands on your hipbone or slightly below in a relaxed position. Turn your hands so the audience sees a side view (outside edge of hands and little fingers).

“I” Pose

The “I” position is a very slenderizing pose. Place your weight on your right leg with your toe pointing at a 45° angle to the right. Bend your left knee, swing to the right, and squeeze against your right knee. Your left toe points straight ahead and your left heel is lifted off the floor. You can rest your right hand on your hip as in the “A” position. Your left hand can brush along the seam line. Try changing hand positions for varied looks.

Sidestep Pose

To begin a sidestep pose, stand in a “T” position and move your front foot to the side, allowing your weight to remain on the opposite foot. You can raise the hand of the weighted foot to your hips, waist, collar, or hair. Keep your other hand in a lower position to add interest and aesthetic appeal.
“C” Pose

The “C” pose begins with the sidestep position. Bend at the waist so your body curves—like a “C”—toward the extended foot. The curve can be gentle or extreme, depending on the desired effect. As you bend sideways at the waist, your body weight transfers to the extended foot. Lay the hand above the extended foot on your mid-thigh or knee, depending on the degree of body curvature. Rest your other hand on your hip.

Crossover Pose

The crossover is an easy, attractive pose. Cross one leg either in front of or behind your other leg, with your toe pointed toward the floor and your heel up. Place the hand on the side of your weighted foot in a position higher than the other hand, giving an artistic line to your body.

Walk and Run Poses

Walk and run poses are used to illustrate action. To simulate a walk, begin in the “T” position, keeping your weight on your back foot. Extend your forward foot and point your toe up. A run pose involves shifting your weight to your forward foot and lifting the heel of your back foot off the floor. Try a variety of hand positions to give your body the illusion of movement.
Interview Tips

Each youth will have an opportunity to participate in a five to fifteen-minute interview during the competition. The criteria used during the interview process will be:

- Project Knowledge .......................................................... 50%
- Experiences and accomplishments through 4-H activities ........... 25%
- Interview Skills .................................................................. 25%

The following are questions that could be asked:

- Why did you choose the clothing project?
- What was one of your goals for the year relating to this project?
- How does the outfit you chose express your personality?
- How is the color, fabric, style, or fit of this garment/outfit a good choice for your size, or your body shape?
- Why do you think the fabric is a good choice for the garment design and features?
- How does this garment/outfit show/reflect current fashion trends?
- In what way did the design elements and principles found in this garment/outfit help you to choose this garment/outfit?
- What occasions, purposes, or activities did you have in mind when you selected or constructed this garment/outfit? Why do you think this garment is appropriate for this occasion, purpose, or activity?
- What functional characteristics did you want in your garment/outfit and how does this garment/outfit match your intent?
- How do the accessories you have chosen add to your overall appearance?
- How have you changed or embellished this garment/outfit in any way since choosing/purchasing it?
- Where did you purchase your outfit?
- Would you consider shopping at garage sales, consignment stores, Goodwill or Salvation Army stores in the future? Why or why not?
- How much did this garment/outfit cost?
- Explain how this garment/outfit and the accessories you have chosen mix with or enhance and expand your wardrobe?