



2025 CTE Summer Swap Academy

hosted by Maize Career Academy
facilitated by Kansas Center for CTE



Apparel Production & Patterns

Developed for: MS & HS Fashion, Apparel, & Interior Design FACS Teachers

Looking to enhance your pattern reading and apparel production skills for the classroom? This session will provide hands-on practice in reading and teaching patterns, as well as mastering various sewing techniques through small projects. By the end of the two-day workshop, participants will have developed lessons on pattern reading, practiced following directions, and completed projects incorporating apparel techniques.

Specific topics that will be addressed:

- Understanding the parts of a pattern
- How to read and teach patterns
- Apparel production sewing techniques, including:
 - Buttons and buttonholes
 - Pleats, darts, and gathering
 - Zippers
 - Clipping and notching curves
- Using sewing machines and sergers
- Creating 1-2 projects using patterns

Participants will leave with:

- A lesson plan on using patterns
- A pattern for a fidget quilt designed for individuals with dementia
- Hands-on experience and samples of various apparel techniques
- Completed small projects, such as doll or stuffed animal outfits (as time allows).

Participants will need to bring:

Lesson Swap: Time will be built in to share and trade your favorite lesson plan/activity relating to Fashion Apparel & interior Design - ideally a pattern assignment. *Please bring 15 copies of ONE lesson plan/activity!*

Laptop & charger: to access information or videos as needed.

PPE: be dressed ready to sew. Bring an extra layer in case the temperature in the room fluctuates throughout the day!

Supplies:

Participants are strongly encouraged to bring the sewing machine they use in their classroom to practice on the same equipment they will teach with. While scrap fabric, buttons, and thread will be provided, participants who wish to personalize their mini outfit should bring:



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- ½ yard of woven fabric
 - ½ yard of knit fabric
 - Coordinating thread
 - Buttons
 - A coordinating short zipper
- *More details about the pattern will be emailed out after registration.

Additional Notes:

- Sewing machines and sewing utensils are available to borrow if needed.
- The classroom will also provide access to sergers, rotary cutters, cutting mats, seam gauges, sewing shears, seam rippers, pin cushions, pins, hand sewing needles, and other essential tools.

About the Presenter

Elizabeth Mans is a Family & Consumer Sciences teacher at Maize High School. Her sewing journey began in 4-H, where she developed foundational skills that she later expanded through coursework at Kansas State University, earning a degree in Family & Human Services. After a year working with the 4-H program, she transitioned to teaching and completed her Master's in Secondary Education through the Transition to Teaching program at Fort Hays State University.

Now in her 13th year of teaching, Elizabeth is passionate about the Fashion, Apparel, and Interior Design (FAID) program. She enjoys refining her sewing production skills, educating high school students, and fostering their creativity. Elizabeth currently teaches courses in the apparel side of the FAID Pathway, as well as Culinary Essentials, and has previously taught Human Growth & Development.