

FASHION FUNDAMENTALS FORT COLLINS / DENVER

WHAT IS FASHION FUNDAMENTALS?

Fashion FUNdamentals is a two-week program developed by CSU's Design and Merchandising faculty that connects fashion with core STEM principles.

The program introduces middle school students (grades 6–8) to topics such as textile science, costing and pricing, pattern making, and body positivity.

By integrating both creative and technical aspects of fashion, the program provides a unique opportunity for students to see how STEM concepts are directly applied within the global fashion industry.

Through hands-on activities and real-world problem solving, students explore the intersections of fashion, engineering, and mathematics. They gain practical experience in textile testing, pricing strategies, and garment construction while also working with innovative digital tools such as CLO3D.

These experiences not only strengthen their understanding of STEM applications but also encourage critical thinking, creativity, and confidence in approaching fashion from both a technical and global perspective.

HOW THIS APPLIES TO MY EDUCATION AT CSU

Working with Fashion FUNdamentals gave me the opportunity to strengthen many of my professional skills. Mentoring middle school students allowed me to grow as a leader.

I learned how to adapt my communication to capture their attention and make fashion concepts easy to understand. It was a challenge at times, but seeing the students connect with the material made the experience extremely rewarding.

Throughout the program, I built valuable skills in problem-solving, time management, and conflict resolution.

Guiding students through every step of creating a pair of pants not only gave them a clearer understanding of the process but also reminded me of the complexity and creativity behind my own craft.

I found that teaching is one of the most effective ways to deepen mastery, and this experience reinforced both my confidence and my passion for fashion.

FORT COLLINS

Fashion FUNdamentals was separated into two separate camps, one at CSU's Fort Collins Campus and one at CSU Spur.

The Fort Collins section was a two weeklong camp in which students learned how to pattern out and sew their own pair of pants, developing their very own textile using photoshop.

Students also learned all about the global fashion industry through apparel costing and pricing. After completing this unit students were able to use math to estimate the retail price of any item of clothing.

There was also a lab section on textile science where kids were able to test fibers to identify what is what. The textile science section also involved activities like felting and tie-dye.

Fashion FUNdamentals students also had a unit on body positivity where they all got to make a t-shirt with a body positive slogan.

To finish off the camp students wore the garments they made in a fashion show for their families!

Photos from Fort Collins



Photos from CSU Spur



CSU Spur

The Fashion FUNdamentals section at CSU Spur focused greatly on sustainability and natural fibers.

We began the SPUR section with a field trip to two local farms in Colorado, one specialized in spinning yarn made from alpacas and llamas. The other sourced wool for a few different companies.

Back at Spur the kids got to learn a lot of the same stuff as kids in Fort Collins. This included the units on textile science, apparel costing and pricing, and body positivity.

For the felting unit students learned how to dye roving (fibers before they are spun into yarn) with natural dyes from cabbage, avocado and carrot tops.

To end the camp students hosted a museum night for their families, displaying everything they created.