

Sewing 1 State Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. How can you finish a raw edge on a woven fabric?**
 - A. Serging/overlocking, zigzag stitch, or French seam; methods depend on fabric.**
 - B. Pinking shears alone.**
 - C. Single straight stitch.**
 - D. Overcast seam with no finishing.**

- 2. What term describes the lengthwise grain parallel to the selvage?**
 - A. Weft**
 - B. Warp**
 - C. Bias**
 - D. Selvage**

- 3. Which holds the bobbin in the machine?**
 - A. Bobbin case**
 - B. Bobbin winder**
 - C. Spool pin**
 - D. Needle plate**

- 4. What term describes the device that winds thread onto the bobbin?**
 - A. Bobbin Winder**
 - B. Spool Pin**
 - C. Pin Cushion**
 - D. Seam Allowance**

- 5. Which pattern symbol runs parallel to the selvage?**
 - A. Cross Grain**
 - B. Grain Line**
 - C. Straight of Grain**
 - D. Bias**

- 6. Which term refers to a long, thin strand of fiber used for sewing?**
- A. Pattern Envelope**
 - B. Iron**
 - C. Thread**
 - D. Universal**
- 7. What is the sewing term for turning a corner by briefly lowering the presser foot and rotating the fabric?**
- A. Stitch**
 - B. Pivot**
 - C. Backstitch**
 - D. Clamp**
- 8. How would you troubleshoot a skipped stitch?**
- A. Increase stitch length only.**
 - B. Use a thicker thread to fix the problem.**
 - C. Check needle installation and type, thread path, correct needle size for fabric, and balance thread tension.**
 - D. Replace the machine.**
- 9. What is a pleat and how is it created?**
- A. A type of seam finish**
 - B. A controlled fold of fabric stitched at the top to create fullness and design lines**
 - C. A method to cut fabric**
 - D. A decorative stitch**
- 10. Pattern symbol shows where holes for buttons and buttonholes should be placed.**
- A. Zipper placement**
 - B. Buttonholes and Button**
 - C. Pocket placement**
 - D. Stitch line**

Answers

SAMPLE

1. D
2. B
3. A
4. A
5. C
6. C
7. B
8. C
9. B
10. B

SAMPLE

Explanations

SAMPLE

1. How can you finish a raw edge on a woven fabric?

- A. Serging/overlocking, zigzag stitch, or French seam; methods depend on fabric.
- B. Pinking shears alone.
- C. Single straight stitch.
- D. Overcast seam with no finishing.**

Finishing a raw edge on woven fabric means preventing unraveling by sealing the edge. An overcast seam does this by wrapping the edge with stitches as you sew, so the edge is finished in one step. This eliminates the need for a separate finishing process after stitching, which is why it's a practical choice for woven fabrics. Pinking shears only cut the edge and don't stop fraying; a straight stitch alone doesn't secure the edge; while serging/overlocking or zigzag can finish edges, the overcast seam specifically finishes the edge as part of the seam itself.

2. What term describes the lengthwise grain parallel to the selvage?

- A. Weft
- B. Warp**
- C. Bias
- D. Selvage

In fabric terminology, the lengthwise grain runs along the fabric toward the selvage and is made up of the warp yarns—these are the yarns held taut on the loom and they run parallel to the selvage. The crosswise grain runs side to side and is the weft (filling) yarns woven through the warp. The diagonal direction is the bias, at about 45 degrees to the warp and weft. The selvage is the tightly finished edge along the length of the fabric. Therefore, the term for the lengthwise grain parallel to the selvage is warp.

3. Which holds the bobbin in the machine?

- A. Bobbin case**
- B. Bobbin winder
- C. Spool pin
- D. Needle plate

The mechanism that holds and guides the bobbin is the bobbin case. It sits in the bobbin area under the needle plate and keeps the bobbin in place while providing the lower thread with proper tension through its spring and hole system. This tension is essential because it works with the upper thread tension to form balanced stitches. The bobbin winder, on the other hand, is only for winding thread onto the bobbin before sewing; it isn't used to hold the bobbin during stitching. The spool pin supports the thread spool on top of the machine, not the bobbin itself. The needle plate covers the feed dogs and needle area and does not hold the bobbin.

4. What term describes the device that winds thread onto the bobbin?

A. Bobbin Winder

B. Spool Pin

C. Pin Cushion

D. Seam Allowance

The device is called the bobbin winder. It spins the bobbin so thread from the spool is wrapped evenly around the small spool that will supply the lower thread during stitching. This winding needs to be smooth and even to prevent tangles and tension issues in seams. The spool pin is simply where the spool sits, the pin cushion is for storing pins, and seam allowance is the extra fabric edge left for sewing.

5. Which pattern symbol runs parallel to the selvage?

A. Cross Grain

B. Grain Line

C. Straight of Grain

D. Bias

In woven fabrics, the lengthwise grain runs parallel to the selvage. The straight of grain marks that direction on a pattern piece, showing how it should be aligned with the fabric's longest, warp-thread direction. Aligning along the straight of grain keeps the garment hanging properly and resisting distortion. The cross grain runs across the fabric, perpendicular to the selvage, and the bias runs diagonally at about 45 degrees to the grain. The grain line on a pattern piece is used to align with the fabric's grain, which is the straight of grain.

6. Which term refers to a long, thin strand of fiber used for sewing?

A. Pattern Envelope

B. Iron

C. Thread

D. Universal

Thread is the long, thin strand of fiber used to sew fabrics together. It's drawn through a needle to form the stitches that hold seams, whether you're hand sewing or using a machine. Thread comes in many fibers—cotton, polyester, silk, and blends—and in different weights and colors to suit different fabrics. It's wound on spools and fed through the needle or bobbin as you stitch. The pattern envelope, by contrast, is just the packaging for pattern pieces and instructions, the iron is the tool for pressing fabric and seams, and universal isn't the fiber strand itself.

7. What is the sewing term for turning a corner by briefly lowering the presser foot and rotating the fabric?

- A. Stitch
- B. Pivot**
- C. Backstitch
- D. Clamp

Pivoting is the technique of turning a corner while sewing by keeping the needle in the fabric and rotating the work around it. As you approach the corner, you briefly lower the presser foot to hold the fabric, rotate the fabric to align with the next edge, then resume stitching in the new direction. This keeps the stitch line continuous and the corner crisp because the needle acts as a fixed point and the fabric doesn't shift. The other terms describe different sewing actions: a stitch is the actual sewing motion, backstitch is used to secure the ends, and clamp isn't a term used for turning corners.

8. How would you troubleshoot a skipped stitch?

- A. Increase stitch length only.
- B. Use a thicker thread to fix the problem.
- C. Check needle installation and type, thread path, correct needle size for fabric, and balance thread tension.**
- D. Replace the machine.

Skipped stitches usually come from setup issues rather than a broken machine. Start by checking the needle: use the right type for your fabric, make sure it isn't bent or dull, and install it straight and fully in place. Then inspect the thread path: re-thread the top and bobbin, and confirm the thread sits cleanly in all guides and through the tension discs without any snags. Next, verify the needle size matches the fabric thickness; a needle that's too small or too large can prevent proper stitch formation. Finally, balance the thread tension on both the top and bobbin and test on scrap fabric, adjusting gradually until the stitches form evenly. If needed, replace the needle and recheck these steps. Quick fixes like just increasing stitch length or using thicker thread won't fix the underlying setup issues, and swapping the machine is unnecessary.

9. What is a pleat and how is it created?

- A. A type of seam finish
- B. A controlled fold of fabric stitched at the top to create fullness and design lines**
- C. A method to cut fabric
- D. A decorative stitch

A pleat is a controlled fold of fabric that is tucked or folded and then stitched at the top to hold the fold in place. This creates extra fabric at the seam line, giving fullness and forming a visible design line on the garment. Pleats let you add volume where you want it without widening the edge seams, and they can be pressed or stitched down to stay in place or released for movement. This isn't about finishing edges (seam finishes), nor about simply cutting fabric, nor about decorative stitching. Those other techniques don't create the structured fullness and lines that pleats produce.

10. Pattern symbol shows where holes for buttons and buttonholes should be placed.

A. Zipper placement

B. Buttonholes and Button

C. Pocket placement

D. Stitch line

Pattern markings tell you where to place key features, including closures. A symbol that shows holes for buttons and where buttonholes go marks the exact spots to position the buttons and the corresponding buttonholes so they line up correctly across the garment. This is essential for the garment to fasten neatly and sit properly at the front. Zipper placement, pocket placement, and stitch lines each have their own markings, so they aren't used to indicate buttonholes and buttons.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://sewing1state.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE