

The present perfect is about 10 times more frequent than the present perfect continuous.

present perfect  
present perfect continuous

**A** Complete the conversations with the present perfect or the present perfect continuous of the verbs given. Sometimes both forms are correct. Add *for*, *since*, or *in*.

1. A Have you been working (work) a lot recently?  
I haven't seen you in ages.  
B Actually, yeah. I \_\_\_\_\_ (not take) one day off \_\_\_\_\_ weeks. So yeah,  
I \_\_\_\_\_ (not go) out \_\_\_\_\_ ages. How about you? What \_\_\_\_\_  
you \_\_\_\_\_ ? (do)  
A Well, I \_\_\_\_\_ (take) a weight training class at the gym \_\_\_\_\_ May.
2. A \_\_\_\_\_ you \_\_\_\_\_ (do) anything interesting lately?  
B Not really. I \_\_\_\_\_ (fill) out college applications \_\_\_\_\_ the last month.  
A Yeah? How many colleges \_\_\_\_\_ you \_\_\_\_\_ to? (apply)  
B Well, I \_\_\_\_\_ (send) three applications, but I \_\_\_\_\_ (not hear) anything.
3. A \_\_\_\_\_ you and your friends \_\_\_\_\_ (go) out a lot recently?  
B Actually, yeah. We \_\_\_\_\_ (go) to a few clubs lately. We \_\_\_\_\_ (have) fun.
4. A How long \_\_\_\_\_ you \_\_\_\_\_ (learn) English?  
B \_\_\_\_\_ I was in elementary school. I guess \_\_\_\_\_ 12 years now.  
A Wow. That's a long time. So, how long \_\_\_\_\_ you \_\_\_\_\_ (come) to this class?  
B \_\_\_\_\_ April.