

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.