

### present perfect simple and continuous

**3 A** Choose the correct word or phrase to complete the sentences.

- 1 I've **called** / **been calling** / 'm **calling** the doctor's all morning, but no one's answering.
- 2 Have you **had** / **having** / **been having** your hair cut? It's looks great!
- 3 Felix has **been** / **had** / **been having** lessons recently and is making great progress so far.
- 4 How many times have you **visited** / **been visiting** / **been** Canada?
- 5 I've **studied** / **study** / **been studying** Japanese for just over a year now.
- 6 She's **raised** / **been raising** / **raising** €1,000 for charity.

**C** **1.03** | Listen to the speaker's final advice again and write what you hear. You will hear the sentence only once.

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**5 A** **1.02** | Listen to an interview about identity. Put the topics in the order they are discussed.

- a Other factors that influence our identity
- b How to find yourself
- c The elements that form our identity
- d How we develop our sense of self
- e The importance of self-identity

**B** **1.02** | Listen to the interview again. Complete the sentences with no more than three words from the recording.

- 1 Identity is a combination of your ....., your likes and dislikes, your moral code and what motivates you.
- 2 Without a clear sense of self, it can be difficult to .....
- 3 Parents provide ..... for how their children should behave.
- 4 Your identity isn't ..... – it develops over the course of your life.
- 5 Our relationships and experiences ..... our sense of self.