

Present perfect continuous

Over the past few years, Maria **has been working** tirelessly to advance her career in graphic design. She **has been honing** her skills by taking online courses and **has been collaborating** with various clients to build her portfolio. As a result, she **has been gaining** recognition in her field and **has been receiving** more project offers. The ongoing effort she **has been putting** into her work reflects her dedication, and her improvements **have been showing** in every new project.

Explanation

The present perfect continuous tense is used in this paragraph to highlight ongoing actions that began in the past and continue to have an effect in the present. This tense emphasizes that Maria's hard work is a continuous effort, with each action contributing to her current progress and reputation.

Draft Outline

1. Present Perfect Continuous

- **Phrases:** "has been working," "has been honing," "has been collaborating," "has been gaining," "has been receiving," "has been putting," "have been showing"
- **Reasons for Use:**
 - **Continuous Effort Over Time:** These phrases demonstrate that Maria's actions have been consistent and ongoing over a period of time, showing her dedication.
 - **Connection to Present:** The present perfect continuous tense is particularly fitting here because it connects her past efforts to her current situation, emphasizing that her work is still relevant and impactful.
 - **Emphasis on Ongoing Development:** This tense conveys that Maria's skills and recognition are not static; they are continuously evolving as a result of her efforts.

The use of the present perfect continuous tense in each phrase underscores Maria's sustained and purposeful journey in her career, making it clear that her achievements are the result of long-term, ongoing work.

Write your paragraph

Mix tenses

For years, scientists **have been studying** climate change to understand its impacts on our planet. Many **have discovered** that human activity has played a significant role in accelerating this process. Recently, they **found** evidence showing that rising temperatures are affecting ecosystems globally. As research **continues** today, scientists **are looking** for ways to mitigate the effects and spread awareness about sustainable practices.

Draft Outline

1. Present Perfect Continuous

- **Phrase:** "have been studying"
- **Reason:** Shows ongoing research over time with relevance to the present, marking an activity that has not concluded.

2. Present Perfect

- **Phrase:** "have discovered"
- **Reason:** Indicates past findings that are relevant now, emphasizing the long-term impact of past discoveries on current understanding.

3. Simple Past

- **Phrase:** "found"
- **Reason:** Anchors a specific, completed event in the past, focusing on an action that occurred once and is now over.

4. Simple Present

- **Phrases:** "continues," "are looking"
- **Reason:** Describes ongoing actions or general truths, indicating that these activities are actively happening in the present and are generally true.

Write your paragraph

Draft Outline

1. Present Perfect Continuous

- **Phrase:**
- **Reason:**

2. Present Perfect

- **Phrase:**

- **Reason:**

3. Simple Past

- **Phrase:**

- **Reason:**

4. Simple Present

- **Phrases:**

- **Reason:**