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How Long Have You...? Using Present Perfect with Since & For

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LEARNING OBJECTIVE

In everyday conversations, especially when talking about life experiences, education, and work, we often need to explain how long an activity has been done and whether it is still continuing up to the present.

For this purpose, the **Present Perfect tense** is used, particularly with the time expressions **since** and **for**.

The Present Perfect tense is a verb tense used to express an activity or situation that:

1. Started in the past, and
2. Still continuing up to the present.

The Present Perfect tense connects the past with the present.



Warm Up/ Lead In

Warm up: How long have you..?

1. How long has jane worked at a travel agency?
→ She has worked at a travel agency **since** 2016.
2. How long have you known Timmy?
→ I have known Timmy **since** we were in high school.
3. How long have you felt sad?
→ I have felt sad **for** a while.



Language/Vocabulary

Subject + Have/has + Past Participle (V3)

Base Form (V1)	Past Participle (V3)	Example with FOR	Example with SINCE
work	worked	I have worked here for five years.	I have worked here since 2019.
study	studied	I have studied English for three years.	I have studied English since 2021.
live	lived	She has lived in Jakarta for ten years.	She has lived in Jakarta since 2014.
stay	stayed	We have stayed in this city for a long time.	We have stayed here since last year.
learn	learned	I have learned this skill for two years.	I have learned this skill since college.



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Time Expression	Function	Example Sentence
Since	Menunjukkan titik awal waktu	I have worked here since 2020 .
For	Menunjukkan durasi waktu	I have worked here for four years .
Since + year/date	Waktu spesifik	since 2018, since Monday
For + period	Lama waktu	for two years, for a long time



Guide Practice (Latihan Terbimbing)

Bentuk-bentuk present Perfect (Lengkapi artikel tentang Roque Guterres. Gunakan bentuk kata kerja yang tepat dalam tanda kurung)

1. Roque Guterres has loved skating **since** he was a little boy.
2. He began skating when he was 10, and he hasn't **since** that time.
3. Roque has been a professional skater now **for** several years.
4. They have had the same one-bedroom apartment **for** five years.
5. Roque has skated in four international contest **since** last years.



Since or For

Lengkapi kalimat-kalimat berikut tentang penulis olahraga asal Brazil, Mariana Andrade. Gunakan kata “Since atau For”.

1. Mariana Andrade has lived in Sao Paulo **since** 1995.
2. She has supported herself as a sportswriter **for** four years.
3. **since** June she has written several articles about skateboarding.
4. This sport has been very popular in Brazil **for** many years.
5. Mariana has met Burnquist twice **since** she started her job.
6. She loves to skate, but she hasn't had much opportunity **for** a long time.
7. She has been married to Alvaro, another skater, **since** 2003.



Summary

1. The **Present Perfect Tense** is used to describe an action or situation that **started in the past and is still continuing up to the present**.
2. The basic structure of the Present Perfect Tense is **have/has + past participle (V3)**, and it is used in affirmative, negative, and interrogative sentences.
3. The question form “**How long have you...?**” is used to ask about the **duration of an activity** that began in the past and continues now.
4. The time expression **since** is used to indicate a **specific starting point in time**, such as a year, date, or event (since 2016, since high school).
5. The time expression **for** is used to indicate the **length or duration of time** (for five years, for a long time).
6. Present Perfect with **since** and **for** is commonly used in **daily conversations**, especially when talking about **life experience, education, and work experience**.



Assessment

Choose the best answer (A,B,or C to complete each sentence.

1. How long have you lived in this city?
A. I have lived here for 2015
B. I have lived here since five years.
☒ C have lived here since 2015
2. Maria has worked as a teacher ten years.
☒ A For
B. Since
C. In
3. We haven't seen our grandparents last Christmas
A. For
☒ B Since
C. During
4. My brother has been in the army a long time.
A. Since
B. In
☒ C For
5. How long has he had that car?
A. He has had it since three months.
☒ B He has had it for three months.
C. He has had it ago three months.
6. They have been married they met in college.
A. For
B. During
☒ C Since
7. I haven't eaten anything this morning
A. For
☒ B Since
C. Ago
8. She has been a doctor 1998
A. For
☒ B Since
C. In
9. We have been waiting for the bus half an hour.
A. Since
B. In
☒ C For
10. Nobody has contacted her ... she moved house.
A. For
☒ B Since
C. Ago

THANK
YOU