

Answer Key

FOR and SINCE
WHEN...? and HOW LONG...?

English Grammar in Use — Units 8-12
12 Exercises • Complete Solutions with Explanations
Includes Exam Practice: IELTS • Cambridge • TOEFL
January 21, 2026

Scoring Summary

Section	Total Points
EASY (Exercises 1-4)	47 points
MEDIUM (Exercises 5-7)	34 points
HARD (Exercises 8-9)	18 points
EXAM PRACTICE (Exercises 10-12)	21 points
GRAND TOTAL	120 points

— EASY EXERCISES —

1 Exercise 1: Choose FOR or SINCE (15 points)

Answers

1. I've been waiting **for** over an hour.
2. She has lived in London **since** 2015.
3. They haven't seen each other **since** last Christmas.
4. We've known each other **for** a very long time.
5. He has been working here **since** he graduated from university.
6. I haven't eaten anything **since** breakfast this morning.
7. She's been studying English **for** three years.
8. They have been married **since** 1998.
9. I haven't spoken to him **since** last Monday.
10. We've had this car **for** six months.
11. He hasn't visited his parents **since** Easter.
12. I've been interested in photography **since** I was a child.
13. They've been playing tennis **for** two hours.
14. She hasn't called me **since** her birthday.
15. We've lived in this house **for** ages.

Rule Reminder

- Use **FOR** with a period of time (for 3 years, for 2 hours, for ages)
- Use **SINCE** with a point in time (since 2020, since Monday, since I was a child)

Scoring: 1 point per correct answer. Total: 15 points.

2 Exercise 2: Complete the Sentences (10 points)

Complete the sentences using the present perfect with **for**, **since**, or **how long** and the information in parentheses.

Answers

1. I haven't seen Sarah for two weeks.
2. They have lived / been living in this apartment since 2020.
3. How long have you known each other?
4. She has been a teacher for ten years.
5. I haven't eaten meat since I was 18.
6. We have been waiting for the bus for 30 minutes.
7. He hasn't played football since his accident.
8. How long has she worked / been working in that company?
9. They have been friends since they were children.
10. I have had this laptop since last year.

Note

For verbs like *live*, *work*, and *study*, both Present Perfect Simple (have lived) and Present Perfect Continuous (have been living) are correct with FOR/SINCE. The continuous form emphasizes the duration more.

Scoring: 1 point per correct answer. Total: 10 points.

3 Exercise 3: WHEN...? or HOW LONG...? (12 points)

Answers

1. **When** did you start learning English?
2. **How long** have you been learning English?
3. **When** did they get married?
4. **How long** have they been married?
5. **When** did she arrive in Brazil?
6. **How long** has she been in Brazil?
7. **When** did you last see Tom?
8. **How long** is it since you last saw Tom?
9. **When** did the meeting begin?
10. **How long** has the meeting been going on?
11. **When** did he move to this city?
12. **How long** has he lived in this city?

Rule Reminder

- Use **WHEN...?** to ask about a specific time in the past (past simple)
- Use **HOW LONG...?** to ask about a period of time (present perfect)

Scoring: 1 point per correct answer. Total: 12 points.

4 Exercise 4: Write Questions (10 points)

Answers

1. **When did you start your job?**
I started my job three years ago.
2. **How long have you been working here?**
I've been working here for three years.
3. **When did she move to Paris?**
She moved to Paris in 2019.
4. **How long has she been living in Paris? / How long has she lived in Paris?**
She has been living / lived in Paris since 2019.
5. **When did they buy their house?**
They bought their house last summer.
6. **How long have they had their house?**
They have had their house for about six months.
7. **When did you last see him?**
I last saw him two weeks ago.
8. **How long is it since you (last) saw him? / How long haven't you seen him?**
I haven't seen him for two weeks.
9. **When did the concert start?**
The concert started at 8 PM.
10. **How long has the concert been going on?**
The concert has been going on for two hours.

Scoring: 1 point per correct question. Total: 10 points.

— MEDIUM EXERCISES —

5 Exercise 5: Mixed Practice — Conversations (16 points)

Complete the conversations with the correct form of the verb and **for**, **since**, **when**, or **how long**.

Conversation 1

A: How long **have you lived / been living** in this neighborhood?

B: I **have lived / been living** here **for** about five years.

A: Do you like it here?

B: Yes, I do. I **have been** very happy here **since** I moved in.

Conversation 2

A: **Have you known** Sarah long?

B: Yes, we **have been** friends **since** we were children.

A: That's nice. When **did you meet** her?

B: We **met** in elementary school in 2005.

Conversation 3

A: How long **has John worked / been working** at the hospital?

B: He **has worked / been working** there **for** about ten years.

A: When **did he start**?

B: I think he **started** in 2015.

Conversation 4

A: I **haven't seen** Mark **for** ages. When **did you last see** him?

B: I **saw** him last week at the gym.

A: How is he?

B: He's great! He **has had** a new job **since** last month.

Scoring: 1 point per correct answer. Total: 16 points.

6 Exercise 6: Multiple Choice (8 points)

Answers

1. I've known Maria we were at university together.
B) since — “we were at university” is a point in time
2. She has been working at this company more than ten years.
B) for — “more than ten years” is a period of time
3. did you last go on vacation?
C) When — asking about a specific time in the past
4. We haven't had any rain three weeks.
C) for — “three weeks” is a period of time
5. have you been waiting for the bus?
B) How long — asking about duration with present perfect
6. They've lived in this apartment 2018.
D) since — “2018” is a point in time
7. I haven't eaten anything breakfast.
C) since — “breakfast” is a point in time
8. did you start playing the guitar?
C) When — asking about the starting point (past simple)

Scoring: 1 point per correct answer. Total: 8 points.

7 Exercise 7: Present Perfect Simple or Continuous? (10 points)

*Complete the sentences with the Present Perfect Simple or Present Perfect Continuous form of the verbs in parentheses. Use **for**, **since**, or **how long** where indicated.*

Answers

1. She **has been reading** that book for three hours. (ongoing activity)
2. He **has read** three books this month. (completed quantity)
3. We **have been waiting** for the bus since 8 o'clock. (ongoing)
4. I **had been waiting / have been waiting** for this package for two weeks. It finally arrived today! (both acceptable)
5. They **have lived / have been living** in this house for twenty years. (both acceptable for live)
6. How many countries **have** you **visited** in your life? (completed experiences)
7. How long **has** she **been learning** to drive? (ongoing process)
8. I **have been trying** to call you since this morning. (repeated ongoing action)
9. She **has tried** three different restaurants this week. (completed quantity)
10. It **has been raining** since yesterday. (ongoing)

Scoring: 1 point per correct answer. Total: 10 points.

— HARD EXERCISES —

8 Exercise 8: Correct the Mistakes (10 points)

Answers

1. ~~I've been living here since three years.~~
Correction: **I've been living here for three years.**
Explanation: "Three years" is a period of time, so use "for".
2. ~~She has worked in that office for 2018.~~
Correction: **She has worked in that office since 2018.**
Explanation: "2018" is a point in time, so use "since".
3. ~~How long did you live in Japan? (He still lives there)~~
Correction: **How long have you lived / been living in Japan?**
Explanation: Use present perfect because he still lives there.
4. ~~When have you been studying English?~~
Correction: **How long have you been studying English?**
Explanation: Use "How long" for duration, "When" for specific time.
5. ~~I haven't seen her since two weeks.~~
Correction: **I haven't seen her for two weeks.**
Explanation: "Two weeks" is a period of time, so use "for".
6. ~~They are married since 2010.~~
Correction: **They have been married since 2010.**
Explanation: Use present perfect with "since", not simple present.
7. ~~How long did she start working here?~~
Correction: **When did she start working here?**
Explanation: Use "When" to ask about the starting point.
8. ~~I know him since we were at school together.~~
Correction: **I have known him since we were at school together.**
Explanation: Use present perfect with "since", not simple present.
9. ~~When did you have that car? (You still have it)~~
Correction: **How long have you had that car?**
Explanation: Use present perfect and "How long" because you still have it.
10. ~~He lives in London for five years.~~
Correction: **He has lived / been living in London for five years.**
Explanation: Use present perfect with "for" + period of time.

Scoring: 1 point per correct answer. Total: 10 points.

9 Exercise 9: Translation Practice (8 points)

Answers

1. Eu moro aqui há três anos.
I have lived / been living here for three years.
2. Ela não me liga desde o mês passado.
She hasn't called me since last month.
3. Há quanto tempo você estuda inglês?
How long have you been studying English?
4. Eles estão casados desde 2018.
They have been married since 2018.
5. Quando você começou a trabalhar aqui?
When did you start working here?
6. Eu não como carne há anos.
I haven't eaten meat for years.
7. Ele está esperando há mais de uma hora.
He has been waiting for more than an hour / for over an hour.
8. Há quanto tempo você a conhece?
How long have you known her?

Scoring: 1 point per correct answer. Total: 8 points.

— EXAM PRACTICE —

10 Exercise 10: IELTS Writing Task 2 Practice (5 points)**Answers**

1. Technology **has transformed** the way students learn **since** the advent of personal computers in the 1980s.
2. Online education **has grown** significantly **over / in** the past decade.
3. Schools **have been using** digital textbooks **for** several years now.
4. **Since** when **have** universities **offered** fully online degree programs?
5. The digital divide **has been** a concern **for** a considerable period of time.

Scoring: 1 point per correct answer. Total: 5 points.

11 Exercise 11: Cambridge Use of English (8 points)**Answers**

1. I started working here in 2019.
I **have been working here since** 2019.
2. The last time I saw her was in March.
I **haven't seen her since** March.
3. We moved to this city five years ago.
We **have lived in this city for** five years.
4. She began studying French when she was 12.
She **has been studying French since** she was 12.
5. They got married twenty years ago.
They **have been married for** twenty years.
6. I last ate meat two years ago.
I **haven't eaten meat for** two years.
7. When did you first meet John?
How long have you known John?
8. It's three years since we went on holiday.
We **haven't been on holiday for** three years.

Scoring: 1 point per correct transformation. Total: 8 points.

12 Exercise 12: TOEFL Integrated Skills (8 points)

Reading Comprehension Answers

1. **How long** has Dr. Chen been at Stanford University?
She has been at Stanford since 2010. / For over 14 years (as of 2024).
2. **How long / For how long** did she work at MIT?
She worked at MIT for eight years.
3. **When** did she start her career as a climate scientist?
She started her career in 1998.
4. **How long** has she been a climate scientist?
She has been a climate scientist for over 25 years / since 1998.
5. **How long** has she been warning about rising sea levels?
She has been warning about rising sea levels for the past fifteen years.

TOEFL Speaking Sample Response

"I started learning English when I was 10 years old, so I have been studying it for over 15 years now. I began with basic classes at school in 2008, and since then, I have been improving my skills through various methods. I have been taking more intensive courses since 2019, and for the past two years, I have been focusing specifically on academic English for my university studies."

Scoring: 1 point per correct answer (questions 1-5). Speaking: 3 points for appropriate use of when/for/since. Total: 8 points.

Total Score Summary

Exercise	Points	Your Score
EASY SECTION		
1. Choose FOR or SINCE	15	
2. Complete the Sentences	10	
3. WHEN or HOW LONG?	12	
4. Write Questions	10	
<i>Easy Subtotal</i>	<i>47</i>	
MEDIUM SECTION		
5. Mixed Practice — Conversations	16	
6. Multiple Choice	8	
7. Present Perfect Simple or Continuous	10	
<i>Medium Subtotal</i>	<i>34</i>	
HARD SECTION		
8. Correct the Mistakes	10	
9. Translation Practice	8	
<i>Hard Subtotal</i>	<i>18</i>	
EXAM PRACTICE		
10. IELTS Writing Task 2 Practice	5	
11. Cambridge Use of English	8	
12. TOEFL Integrated Skills	8	
<i>Exam Subtotal</i>	<i>21</i>	
GRAND TOTAL	120	

Key Grammar Points Summary

FOR vs SINCE

- **FOR** + period of time (for 3 hours, for 2 weeks, for ages, for a long time)
- **SINCE** + point in time (since Monday, since 2020, since last year, since I was young)

WHEN...? vs HOW LONG...?

- **WHEN...?** asks about a specific time → use Past Simple
When did you start? / When did it happen?
- **HOW LONG...?** asks about duration → use Present Perfect
How long have you been here? / How long has it been?

Verb Tenses

- **Present Perfect** (have/has + past participle) is used with FOR and SINCE when the action continues to the present
- **Past Simple** is used with WHEN to talk about a finished time in the past

*Great job completing these exercises!
Keep practicing to master these grammar points.*