

Time: Since and For

Difficulty Level: ★ ★ ☆ ☆ ☆

In this lesson we look at how to use 'since' and 'for' correctly regarding time, along with some common expressions and phrases that accompany these prepositions.

Since:

We use since as a starting point in time. It's a marker from the past until the present or specific date. It's usually used with the perfect tense (they have, he has, we have). Here are some examples.

"I've been working for Samsung since 2004."

"I haven't visited my hometown since last year."

"She has become very arrogant since she lost weight."

For:

We use for as a way to show the total duration of time that has passed. Think of the total time from start to finish. We can use for in most tenses. Here are some examples:

I've been working for Samsung for over 10 years.

I haven't visited my hometown for almost a year.

"My friends has been on a strict diet for 3 weeks."

Useful Phrases:

1.) For as long as I can remember

"I've been a huge fan of Kim Yuna for as long as I can remember."

"He has lived there for as long as I can remember."

2.) For the longest time

I've wanted to visit China for the longest time, but my schedule is too hectic.

She has liked him for the longest time, but he's just not interested in her.

3.) **Since the beginning of time** (We don't literally mean the beginning of time when we use this phrase. Rather a really long time.)

Canadians have been hockey fans since the beginning of time.

America and Russia have been rivals since the beginning of time.

4.) For the last

For the last several months I've been studying for my English exams.

For the last two years I haven't been able to find the time for a vacation.

I will fail at dieting for the last time. This time I will succeed!

Quiz:

Fill in the blank with the correct answer.

- 1.) I've been living in South Korea ___ 2012.
- 2.) I haven't went dancing ___ I got a full-time job.
- 3.) We worked together ___ five years; ___ 2012 to be exact.
- 4.) ___ how many years did you work there?
- 5.) ___ when did you start working here?
- 6.) How long have you been looking for a job ___?
- 7.) ___ when did you quit your job?
- 8.) Nike has been a popular shoe company ___ decades.
- 9.) ___ Michael Jordan's shoes were designed; Nike has become the leader in basketball shoe sales.
- 10.) ___ the last five years I've been studying computer programming.

Questions:

Answer the questions in full sentences using 'for' or 'since'.

- 1.) Since when did you start working full-time?
- 2.) How long have you been working full-time for?
- 3.) How long has it been since you graduated from university?
- 4.) Your English is really good. How long have you been studying English for?
- 5.) When did you realize you wanted to learn to speak English?
- 6.) Are you single or dating? How long have you been single / dating for?
- 7.) When did you move out of your parents home?

Ask some questions that require your peers to answer using "since" or "for".

Daily Expressions, Phrasal Verbs & Idioms:

- 1.) **"Since forever":** An expression that means for a long time. It's not meant to be taken literally.

I've been a soccer fan since forever.