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Grammar Explanations

Examples

1. The **present perfect** often shows that something is finished. It focuses on the result of the action.



The **present perfect progressive** often shows that an activity is unfinished. It focuses on the continuation of an action.



■ I've **read** a book about elephants.
(I finished the book.)

■ She's **written** an article.
(She finished the article.)

■ I've **been reading** a book about elephants.
(I'm still reading it.)

■ She's **been writing** an article.
(She's still writing it.)

2. We often use the **present perfect** to talk about
- how much someone has done.
 - how many times someone has done something.
 - how many things someone has done.

We often use the **present perfect progressive** to talk about how long something has been happening.

- **BE CAREFUL!** We usually do not use the present perfect progressive when we mention a number of completed events.

■ I've **read a lot** about it.
■ I've **been** to Africa **twice**.
■ She's **written three** articles.

■ I've **been reading** books on elephants **for two months**.

■ I've **read** that book **twice**.
NOT I've been reading that book twice.

3. Sometimes you can use either the **present perfect** OR the **present perfect progressive**. The meaning is basically the same. This is especially true when you use verbs such as **live, work, study, and teach** with **for** or **since**.

■ She's **studied** elephants **for** two years.
OR
■ She's **been studying** elephants **for** two years.
(In both cases, she started studying elephants two years ago and she is still studying them.)