

**Калашникова Т. С.**

# **ENGLISH**

**TENSE-ASPECT FORMS**

**(практикум)**

**ВИЩИЙ НАВЧАЛЬНИЙ ПРИВАТНИЙ ЗАКЛАД  
«ДНІПРОВСЬКИЙ ГУМАНІТАРНИЙ УНІВЕРСИТЕТ»**



**Калашникова Т.С.**

# **ENGLISH**

**TENSE-ASPECT FORMS**

**(практикум)**

**Навчально-методичне видання**

**Дніпро – 2025**

**УДК 811.111**

**Рецензенти:**

Кандидат педагогічних наук, доцент кафедри германської філології та методики викладання германських мов державного педагогічного університету імені Богдана Хмельницького **Аліна МАСЛОВА**

Кандидат філологічних наук, доцент, професор кафедри мовної підготовки Львівського державного університету внутрішніх справ **Ірина СКОВРОНСЬКА**

**Калашникова Т. С.** English Tense-Aspect Forms: практикум із граматики англійської мови до курсу «Іноземна мова професійного спрямування» для спеціальності С4 «Психологія». Дніпро: ВВПЗ «ДГУ», 2025. 80 с.

Практикум із граматики англійської мови за темою «English Tense-Aspect Forms» містить систематизований теоретичний матеріал та комплекс практичних завдань, спрямованих на формування й удосконалення навичок використання англійських часовидових форм. Структура посібника передбачає поділ на розділи, кожен із яких присвячений аналізу окремої форми дієслова. Практичні завдання диференційовані за рівнем складності: від вправ, що передбачають пояснення правил уживання часових форм, до комунікативно орієнтованих завдань, спрямованих на розвиток мовленнєвої компетентності. Значна частина матеріалів має автентичне походження, що забезпечує наближення навчального процесу до реальних умов функціонування мови. Посібник призначений для використання викладачами та здобувачами закладів вищої освіти.

The «English Tense-Aspect Forms» grammar practical guide contains systematized theoretical material and a pack of practical exercises aimed at forming and improving skills in using English tense-aspect forms. The structure of the manual provides for division into sections, each of which is devoted to the analysis of a separate verb form. Practical tasks are differentiated by level of complexity: from exercises that provide explanations of the rules for using tense forms to communicatively oriented tasks aimed at developing speech competence. A significant part of the materials is of authentic origin, which ensures that the educational process is closer to the real conditions of language functioning. The manual is intended for use by teachers and students of higher education institutions.

*Ухвалено до друку Науково-методичною радою Вищого навчального приватного закладу «Дніпровський гуманітарний університет»  
(протокол № 4 від 18.12.2025 р.)*

© Калашникова Т.С., 2025 р.  
© ВВПЗ «ДГУ», 2025 р.

## ЗМІСТ

ПЕРЕДМОВА .....	4
PREFACE.....	5
INTRODUCTION: VERBS.....	6
1. PRESENT SIMPLE TENSE.....	7
2. PRESENT CONTINUOUS TENSE.....	10
3. PRESENT PERFECT TENSE.....	19
4. PRESENT PERFECT CONTINUOUS TENSE.....	26
5. PAST SIMPLE TENSE.....	34
6. PAST CONTINUOUS TENSE.....	41
7. PAST PERFECT TENSE.....	46
8. PAST PERFECT CONTINUOUS TENSE .....	49
9. FUTURE TENSES AND DIFFERENT WAYS OF EXPRESSING FUTURE ....	53
Future Simple.....	53
Future Continuous.....	55
Future Perfect.....	57
Future Perfect Continuous .....	58
Meanings of the Four Basic Forms to Express Future Actions in English .....	59
10. ALL VERB TENSE-ASPECT FORMS .....	70
RECOMMENDED REFERENCES AND WEB-RESOURCES .....	80

## ПЕРЕДМОВА

У сучасному освітньому просторі вивчення англійської мови професійного спрямування є невід'ємною складовою підготовки майбутніх фахівців-психологів. Знання часово-видових форм англійського дієслова є ключовим елементом мовної компетентності, адже саме вони забезпечують точність професійного висловлення, логічність викладу думок та ефективну комунікацію у різноманітних академічних і практичних контекстах.

Пропонований навчально-методичний посібник «English Tense-Aspect Forms» створено з метою систематизації теоретичного матеріалу та формування стійких навичок використання граматичних структур англійської мови в ситуаціях, близьких до професійної діяльності психолога. Матеріали посібника містять ретельно підібрані пояснення, численні приклади та різнорівневі практичні завдання, які спрямовані на удосконалення мовленнєвих умінь, розвиток аналітичного мислення та здатності до застосування англійської мови у фаховій сфері.

Структура видання охоплює всі основні часово-видові форми дієслова англійської мови та забезпечує послідовний перехід від базових граматичних категорій до більш складних конструкцій, включаючи аспекти їхнього функціонування в професійних текстах, дослідницьких ситуаціях та комунікативних завданнях. Значну увагу приділено також змішаним дієсловам, особливостям уживання часових форм у контексті наукового дискурсу та типових помилок студентів.

Посібник адресовано здобувачам вищої освіти спеціальності «Психологія», які прагне підвищити рівень володіння англійською мовою та зміцнити професійну комунікативну компетентність. Матеріали стануть надійною основою для подальшого вивчення фахової англійської мови та сприятимуть формуванню високого рівня академічної та професійної мобільності майбутніх психологів.

## PREFACE

In today's academic environment, mastering English for professional purposes is an essential component of training future psychologists. A solid understanding of English tense-aspect forms plays a crucial role in developing linguistic competence, as it ensures accuracy of professional expression, clarity of reasoning, and effective communication across academic and applied settings.

This teaching manual, "English Tense-Aspect Forms", has been developed to systematize key theoretical concepts and to build strong practical skills in using English verb forms in contexts relevant to psychological practice. The material includes clear explanations, numerous examples, and a wide range of practice activities designed to enhance students' language proficiency, analytical skills, and ability to apply English in their academic and professional work.

The structure of the manual covers all major English tense-aspect forms and provides a gradual transition from fundamental grammatical patterns to more advanced constructions, including their functions in professional texts, research situations, and communicative tasks. Special attention is given to mixed verbs, specific features of tense usage in academic discourse, and common learner difficulties.

This manual is intended for undergraduate and graduate students majoring in Psychology who wish to strengthen their command of English and develop professional communicative competence. The author hopes that this resource will serve as a solid foundation for further study of English for professional purposes and will support the development of high academic and professional mobility among future psychologists.

## INTRODUCTION: VERBS

**Definition:** Verbs carry the idea of being or action in the sentence.

I am a student.

The students passed all their courses.

Verbs are classified in many ways. First, some verbs require an object to complete their meaning:

She gave money *to the church*.

These verbs are called **transitive**.

Verbs that are **intransitive** do not require objects:

e.g. The building collapsed.

**Irregular Verbs:** Most verbs in English form their various tenses consistently: add suffix – ed to the base of a verb to create the simple past and past participle: he walked; he has walked. There are, however, a number of so-called irregular verbs, (including, unfortunately, some very common verbs such as to be and to have) whose various forms must be memorized. (see Appendix 1)

The continuous forms occur only with dynamic verbs, that is, with verbs that show qualities capable of change as opposed to stative verbs, which show qualities not capable of change.

For instance, we do not say, «He is being tall» or «He is resembling his mother» or «I am wanting spaghetti for dinner» or «It is belonging to me.» (We would say, instead: «He is tall,» «He resembles his mother», «I want spaghetti,» and «It belongs to me.»)

**Linking Verbs:** A linking verb connects a subject and its complement. Sometimes called copulas, linking verbs are often forms of the verb ‘to be’, but are sometimes verbs related to the five senses (look, sound, smell, feel, taste) and sometimes verbs that somehow reflect a state of being (appear, seem, become, grow, turn, prove, remain). What follows the linking verb will be either a noun complement or an adjective complement:

Those people are all professors.

Those professors are brilliant.

This room smells bad.

I feel great.

A victory today seems unlikely.

## 1. PRESENT SIMPLE TENSE

I run; you run; he runs; she runs; it runs; we run; they run

### USAGE 1. Repeated Actions



Use the Simple Present to express the idea that an action is repeated or usual. The action can be a habit, a hobby, a daily event, a scheduled event or something that often happens. It can also be something a person often forgets or usually does not do.

I play tennis.

She does not play tennis.

The train leaves every morning at 8 am.

The train does not leave at 9am.

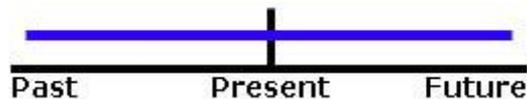
She always forgets her purse.

He never forgets his wallet.

Every twelve months, the Earth circles the sun.

The sun does not circle the Earth.

### USAGE 2. Facts or Generalizations



The Simple Present can also indicate the speaker believes that a fact was true before, is true now, and will be true in the future. It is not important if the speaker is correct about the fact. It is also used to make generalizations about people or things.

Cats like milk.

Birds do not like milk.

California is in America.

California is not in the United Kingdom.

Windows are made of glass.

Windows are not made of wood.

New York is a small city. (It is not important that this fact is untrue.)

### USAGE 3. Now (Non-Continuous Verbs)



Sometimes speakers use the Simple Present to express the idea that an action is happening or is not happening now. This can only be done with Non-continuous Verbs and certain Mixed Verbs.

She is not here now.

He needs help right now.

He does not need help now.

He has a car.

### Tasks

**1. Complete the sentences using one of the following: to cause, to close, to live, to open, to take place, to drink, to speak:**

1. A psychologist often \_\_\_\_\_ about mental health at conferences.
2. I never \_\_\_\_\_ energy drinks during therapy sessions.
3. The counseling center \_\_\_\_\_ at 9 o'clock and \_\_\_\_\_ at 18.30 every day.
4. Stress and anxiety often \_\_\_\_\_ sleep disorders.
5. Many students \_\_\_\_\_ in university dormitories during their studies.
6. Professional development workshops for psychologists \_\_\_\_\_ every year.

**2. Insert "do" or "does" wherever necessary:**

1. \_\_\_\_\_ you study cognitive psychology?
2. \_\_\_\_\_ your professor specialize in clinical psychology?
3. Where \_\_\_\_\_ you usually conduct your research?
4. What \_\_\_\_\_ your supervisor do in the lab?
5. \_\_\_\_\_ you want to work as a psychotherapist?
6. How often \_\_\_\_\_ you attend professional seminars?
7. \_\_\_\_\_ psychology have many applied branches?
8. \_\_\_\_\_ your research include case studies?
9. \_\_\_\_\_ you have access to psychological tests?
10. \_\_\_\_\_ it take long to analyze behavioral data?
11. How much \_\_\_\_\_ you read about developmental psychology?
12. What time \_\_\_\_\_ the lecture start?
13. \_\_\_\_\_ your colleagues work in clinical settings?
14. How often \_\_\_\_\_ you meet with your research group?

15. \_\_\_\_\_ your university have a psychology department?

**3. Use one of the following verbs: to believe, to eat, to flow, to make, to rise, to tell, to translate, to go, to grow**

1. Many psychologists \_\_\_\_\_ that behavior is influenced by environment.
2. Coffee \_\_\_\_\_ in most research labs.
3. Stress levels \_\_\_\_\_ during exam periods.
4. Positive reinforcement \_\_\_\_\_ good habits.
5. Ethical psychologists \_\_\_\_\_ lies to their clients.
6. A bilingual therapist \_\_\_\_\_ from one language into another during sessions.
7. A counselor \_\_\_\_\_ the truth to help clients.
8. Emotions \_\_\_\_\_ like a river through human experience.
9. Ann \_\_\_\_\_ German very well.
10. I never \_\_\_\_\_ coffee.
11. The swimming pool \_\_\_\_\_ at 9 o'clock and \_\_\_\_\_ at 18.30 every day.
12. Bad driving \_\_\_\_\_ accidents.
13. My parents \_\_\_\_\_ in a very small flat.
14. The Olympic Games \_\_\_\_\_ every four years.

**4. Insert the verb in brackets into the correct form – Present Simple Tense or Infinitive:**

What is the best way (to study) \_\_\_\_\_ human behavior in real-life situations? The best way (to depend) \_\_\_\_\_ on how much time you want (to spend) \_\_\_\_\_ observing, what psychological processes you want (to analyze) \_\_\_\_\_, what you want (to learn) \_\_\_\_\_ during the research, and how many participants you (to have) \_\_\_\_\_.

Sometimes a combination of observation and interviews (to be) \_\_\_\_\_ the best. Reading case studies is the fastest and possibly the most convenient way (to understand) \_\_\_\_\_ clinical practice. If you (to have) \_\_\_\_\_ access to a counseling center, many supervisors (to have) \_\_\_\_\_ special programs that let you (to observe) \_\_\_\_\_ therapy sessions at a big discount.

Although reading theory is important, it (not to allow) \_\_\_\_\_ you (to see) \_\_\_\_\_ real interaction when you (to study) \_\_\_\_\_ alone. If you (to want)

\_\_\_\_\_ to understand client behavior, you should (to consider) \_\_\_\_\_ (to take) \_\_\_\_\_ part in role-play exercises. For short research projects or practical training, an internship (to be) \_\_\_\_\_ a good idea.

## 2. PRESENT CONTINUOUS TENSE

AM / IS / ARE + VERBing

I am watching TV.

He is quickly learning the language.

**N.B.** When you are using a verb tense with more than one part such as Present Continuous (is learning), adverbs often come between the first part and the second part (is quickly learning).

### USAGE 1. Now



Use the Present Continuous with Continuous Verbs to express the idea that something is happening now, at this very moment. It can also be used to show that something is not happening now.

You are learning English now.

You are not swimming now.

I am sitting.

I am not standing.

They are reading their books.

They are not watching television.

What are you doing?

Why aren't you doing your homework?

### USAGE 2. Longer Actions in Progress Now



In English, *now* can mean «this second,» «today,» «this month,» «this year,» «this century» and so on. Sometimes we use the Present Continuous to say that we are in the process of doing a longer action which is in progress; however, we might not be doing it at this exact second.

(All of these sentences can be said while eating dinner in a restaurant.)

I am studying to become a doctor.

I am not studying to become a dentist.

I am reading the book Tom Sawyer.

I am not reading any books right now.

Are you working on any special projects at work?

Aren't you teaching at the University now?

### USAGE 3. Near Future



Sometimes, speakers use the Present Continuous to indicate that something will or will not happen in the near future.

I am meeting some friends after work.

I am not going to the party tonight.

Is he visiting his parents next weekend.

Isn't he coming with us tonight.

### USAGE 4. Repetition and Irritation with «Always»



The Present Continuous with words such as «always» or «constantly» expresses the idea that something irritating or shocking often happens. Notice that the meaning is like Simple Present but with negative emotion. Remember to put the words «always» or «constantly» between «be» and «Ving.»

She is always coming to class late.

He is constantly talking. I wish he would shut up.

I don't like them because they are always complaining.

### N.B. Non-Continuous Verbs/ Mixed Verbs

It is important to remember that Non-Continuous Verbs cannot be used in any «continuous» tenses. Also, certain «non-continuous» meanings for Mixed Verbs cannot be used in «continuous» tenses. To express the idea of «happening now», you must use Simple Present USE 3.

She is loving chocolate. **Not Correct**

She loves chocolate. **Correct**

Before you begin the continuous tense lesson, it is extremely important to understand

that NOT all English verbs are the same. English verbs are divided into three groups:

**Group I Continuous Verbs:** This first group contains most English verbs. These verbs are usually physical actions which you can see somebody doing.

*Continuous Verbs:* to run, to walk, to eat, to fly, to go, to say, to touch etc.

*Examples:* I am eating dinner now.

**Group II Non-continuous Verbs:** This group is smaller. These verbs are usually things you cannot see somebody doing. These verbs are rarely used in «continuous» tenses. They include:

*Verbs of wish:* to want, to desire, to wish etc.

*Possession Verbs:* to possess, to own, to belong to, to have etc.

*Relational Verbs:* to be, to care, to concern, to consist of, to contain, to cost, to depend on, to deserve, to equal, to exist to fit, to include, to involve, to lack, to matter, to need, to owe, to require, to resemble, to seem, to sound, to

*Verbs of Inert Perception:* to feel, to hear, to see, to smell to taste etc.

*Verbs of Cognition:* to prefer, to believe, to doubt, to forgive, to guess, to imagine, to impress, to intend, to know, to mean, to mind, to perceive, to please, to prefer, to presuppose, to realize, to recall, to recognize, to regard, to remember, to satisfy, to suppose, to think, to understand etc.

*Emotion Verbs:* to like, to love, to hate, to dislike, to fear, to envy, to detest, to adore, to astonish,

He wants a drink now. Correct

**Group III Mixed Verbs:** The third group is the smallest group. These verbs have more than one meaning. Some meanings behave like «Non-continuous Verbs», while other meanings behave like «Continuous Verbs.»

*Mixed Verbs:* to have, to appear, to see, to hear, to feel, to weigh, to look

**to appear:**

Donna appears confused. **Non-continuous Verb**

(Donna seems confused.)

My favorite singer is appearing at the jazz club tonight. **Continuous Verb**

(My favorite singer is giving a performance at the jazz club tonight.)

**to have:**

I have a dollar now. **Non-continuous Verb**

(I possess a dollar.)

I am having fun now. **Continuous Verb**

(I am experiencing fun now.)

**to hear:**

She hears the music. **Non-continuous Verb**

(She hears the music with her ears.)

She is hearing voices. **Continuous Verb**

(To hear something others cannot hear. She is hearing voices in her mind.)

**to miss:**

John misses Sally. **Non-continuous Verb**

(He is sad because she is not there.)

Debbie is missing her favorite TV program. **Continuous Verb**

(She is not there to see her favorite program.)

**to see:**

I see her. **Non-continuous Verb**

(I see her with my eyes.)

I am seeing the doctor. **Continuous Verb**

(To visit or consult with a doctor, dentist, or lawyer.)

I am seeing her. **Continuous Verb**

(I am having a relationship with her.)

He is seeing ghosts at night. **Continuous Verb**

(To see something others cannot see, e.g. ghosts, aura, a vision of the future

etc.)

**to smell:**

The coffee smells good. **Non-continuous Verb**

(The coffee has a good smell.)

I am smelling the flowers. **Continuous Verb**

(I am sniffing the flowers.)

**to taste:**

The coffee tastes good. **Non-continuous Verb**

(The coffee has a good taste.)

I am tasting the cake. **Continuous Verb**

(I am trying the cake to see what it tastes like.)

**to think:**

He thinks the test is easy. **Non-continuous Verb**

(He considers the test to be easy.)

She is thinking about the question. **Continuous Verb**

(She is pondering the question, going over it in her mind.)

**to weigh:**

The table weighs a lot. **Non-continuous Verb**

(The table has a great weight.)

She is weighing herself. **Continuous Verb**

(She is determining her weight.)

**to be:**

Joe is American. Non-continuous Verb

(Joe is an American citizen.)

Joe is being very American. Continuous Verb

(Joe is behaving like a stereotypical American.)

Joe is being very rude. Continuous Verb

(Joe is behaving very rudely. Usually he is not rude.)

Joe is being very formal. Continuous Verb

(Joe is behaving very formally. Usually he is not formal.)

**N.B.** Only rarely is «to be» used in a continuous form. This is most commonly done when a person is temporarily behaving badly or stereotypically. It can also be used when someone's behavior is noticeably different.

**to feel:**

The massage feels great. Non-continuous Verb

(The massage has a pleasing feeling.)

I don't feel well today. Continuous or Non-continuous Verb

I am not feeling well today.

(I am a little sick.)

**N.B.** Feel is very flexible and there is no difference in meaning in the two sentences above.)

**Tasks**

**5. Complete the sentences with one of the following verbs in the correct form: to come, to get, to happen, to look, to make, to start, to stay, to try, to work:**

1. «You \_\_\_\_\_ hard on your research today.» «Yes, I have a lot to do.»

2. I \_\_\_\_\_ for the supervisor. Do you know where she is?

3. It \_\_\_\_\_ late. Shall we finish the counseling session?

4. They haven't got their own office at the moment. They \_\_\_\_\_ in the shared lab until they find space.

5. «Are you ready for the group therapy session, Ann?» «Yes, I \_\_\_\_\_.»

6. Have you got your books? It \_\_\_\_\_ to rain, and we need to move into the library.

7. \_\_\_\_\_ a lot of noise during the experiment. Could you be quieter? I \_\_\_\_\_ to concentrate on the data.
8. Why are all these participants here? What \_\_\_\_\_?

**6. Use the words in brackets in the Present Continuous Tense to complete the questions:**

1. « \_\_\_\_\_? » «No, he's on holiday.» (Colin / work)
2. Why \_\_\_\_\_ at me like that? What's the matter? (you / look)
3. «Jenny is a student at university.» «Is she? What \_\_\_\_\_?» (she / study)
4. \_\_\_\_\_ to the radio or can I turn it off? (anybody / listen)
5. How is your English? \_\_\_\_\_ better? (it / get)

**7. Put the verb into the correct form. Sometimes you need the negative:**

1. I'm tired. I \_\_\_\_\_ (go) to bed now after finishing my home assignment.
2. We can go out now. It \_\_\_\_\_ (rain) anymore, so we can continue the session outdoors.
3. «How is your new job as a counselor?» «Not so good at the moment. I \_\_\_\_\_ (enjoy) it very much.»
4. Catherine phoned me last night. She's on holiday in France. She \_\_\_\_\_ (have) a great time and doesn't want to come back to work.
5. I want to lose weight, so this week I \_\_\_\_\_ (eat) lunch at the university café.
6. Angela has just started evening classes. She \_\_\_\_\_ (learn) psychological assessment techniques.
7. I think Paul and Ann have had an argument. They \_\_\_\_\_ (speak) to each other during sessions.

**8. Complete the sentences using one of these verbs You don't have to use all the verbs and you can use a verb more than once: to get, to change, to fall, to increase, to grow.**

1. The number of psychology students \_\_\_\_\_ very fast.
2. Ken is still stressed but he \_\_\_\_\_ better slowly.

3. The field of psychology \_\_\_\_\_. New approaches appear every year.
4. The cost of psychological services \_\_\_\_\_. Every year therapy becomes more expensive.
5. The mental health situation in the war-impacted communities is already very bad and it \_\_\_\_\_ worse.

**9. Insert the correct form – Present Simple or Present Continuous:**

1. Cognitive processes \_\_\_\_\_ (to occur) in the brain during problem-solving.
2. The client \_\_\_\_\_ (to express) strong emotions. Please note this in your observation sheet.
3. Look! That participant \_\_\_\_\_ (to try) to complete the Stroop test.
4. Can you hear those students? What \_\_\_\_\_ they \_\_\_\_\_ (to discuss) in the seminar?
5. Human memory \_\_\_\_\_ (to play) a key role in learning.
6. I must finish the report now. It \_\_\_\_\_ (to get) later.
7. I usually \_\_\_\_\_ (to go) to the university lab by bus.
8. I hear you've got a new placement. How you \_\_\_\_\_ (to get) on?
9. Julia is very good at communication. She \_\_\_\_\_ (to speak) with clients very effectively.
10. Hurry up! Everybody \_\_\_\_\_ (to wait) for you to start the group therapy.
11. \_\_\_\_\_ you \_\_\_\_\_ (to listen) to psychology podcasts every day?» «No, just occasionally.»
12. Neural signals \_\_\_\_\_ (to travel) through the nervous system.
13. Look at the patient. He \_\_\_\_\_ (to respond) very quickly today – much faster than usual.
14. We usually \_\_\_\_\_ (to conduct) experiments in the lab, but this semester we \_\_\_\_\_ (not to conduct) any.
15. Can we stop the session soon? I \_\_\_\_\_ (to start) to feel tired.
16. «Can you administer psychological tests?» «I \_\_\_\_\_ (to learn). My supervisor \_\_\_\_\_ (to teach) me.»

17. Normally I \_\_\_\_\_ (to finish) consultations at 5.00, but this week I \_\_\_\_\_ (to work) until 6.00 to complete assessments.
18. Sonia \_\_\_\_\_ (to look) for a research assistant position. She \_\_\_\_\_ (to work) in the lab until she finds one.
19. «What \_\_\_\_\_ your father \_\_\_\_\_ (to do)?» «He's a psychologist but he \_\_\_\_\_ (not to work) at the moment.»
20. Usually I \_\_\_\_\_ (to enjoy) conferences but I \_\_\_\_\_ (not to enjoy) this one very much.
21. The therapy session is never late. It always \_\_\_\_\_ (to start) on time.
22. Jim is very untidy. He always \_\_\_\_\_ (to leave) his notes all over the office.
23. They \_\_\_\_\_ (to listen) to a lecture on cognitive development.
24. \_\_\_\_\_ you \_\_\_\_\_ (to agree) that personality traits influence behavior?
25. Dave, \_\_\_\_\_ this book \_\_\_\_\_ (to belong) to you?
26. I \_\_\_\_\_ (to see) the supervisor tomorrow morning.
27. \_\_\_\_\_ you \_\_\_\_\_ (to believe) that stress affects memory?
28. I \_\_\_\_\_ (to feel) exhausted after the counseling session.
29. This new therapy approach \_\_\_\_\_ (to seem) very effective.
30. Every Monday, Sally \_\_\_\_\_ (to conduct) group therapy sessions.
31. Usually, I \_\_\_\_\_ (to work) as a research assistant, but this summer I \_\_\_\_\_ (to study) neuropsychology at a summer school.
31. Justin \_\_\_\_\_ (to write, currently) a research paper on cognitive biases.
31. A: Do you want to join the seminar tonight?  
B: Oh, I'm sorry, I can't. I \_\_\_\_\_ (to go) to a supervision meeting with my mentor.
32. The psychological tests \_\_\_\_\_ (be, normally) scored by trained professionals. Their methods \_\_\_\_\_ (be) reliable and valid.
33. This assessment tool \_\_\_\_\_ (be) use by a leading research institute in Zurich.

**10. Use the words in brackets to make sentences:**

1. (you / not / seem / very happy today)  
\_\_\_\_\_
2. (what / you / do?) Be quiet! (I / think)  
\_\_\_\_\_

---

3. (who / this research report / belong to?) I've no idea.

---

4. (the new therapy approach / seem / effective)

---

5. Excuse me. (anybody / sit / here)? No, it's free.

---

6. Can you call me back in half an hour? (I / have / a supervision session).

---

**11. Put the verb into the correct form, Present Continuous or Present Simple:**

1. Are you tired? \_\_\_\_\_ a short break? (you / want)

2. Jill is interested in cognitive psychology but she \_\_\_\_\_ to any research group. (not / belong)

3. Don't close the case study file. I \_\_\_\_\_ it for my report. (use)

4. Don't close the case study file. I \_\_\_\_\_ for my analysis. (need)

5. Who is that client? Why \_\_\_\_\_ at the therapist like that? (he / look)

6. George says he understands behavioral theory, but nobody \_\_\_\_\_ him. (believe)

7. She told me the diagnosis, but I \_\_\_\_\_ it now. (not / remember)

8. I \_\_\_\_\_ of applying for a PhD program in clinical psychology. (think)

9. I used to focus on psychoanalysis, but these days I \_\_\_\_\_ cognitive-behavioral therapy. (prefer)

10 Human personality \_\_\_\_\_ of multiple traits and dimensions. (consist)

**12. Finish B's sentences. Use "always + Ving" according to the model:**

*Model:* A: I'm afraid I've forgotten the client's name again.

B: Not again! You're always forgetting the client's name.

1. A: The assessment app has crashed again.

B: That software is useless! It \_\_\_\_\_.

2. A: Look! You've made the same mistake in the psychological report again.

B: Oh no, not again! I \_\_\_\_\_.

3. A: Oh, I've missed the supervision meeting again.

B: Typical! You \_\_\_\_\_.

### 3. PRESENT PERFECT TENSE

HAS / HAVE + V3 (Participle 2)

I have seen that movie many times.

**NB:** When you are using a verb tense with more than one part such as Present Perfect (have seen), adverbs usually come between the first part and the second part (have never seen).

#### USAGE 1. Unspecified Time Before Now



We use the Present Perfect to say that an action happened at an unspecified time before now. The exact time is not important. You CANNOT use the Present Perfect with time expressions such as «yesterday,» «one year ago,» «last week,» «when I was a child,» «when I lived in Japan,» «at that moment,» «that day» or «one day.» We CAN use the Present Perfect with expressions like «ever,» «never,» «once,» «many times,» «several times,» «before,» «so far,» «already» and «yet.»

I have seen that movie twenty times.

I think I have met him once before.

There have been many earthquakes in California.

Has there ever been a war in the United States?

Yes, there has been a war in the United States.

People have travelled to the moon.

#### How do we actually use the Present Perfect?

The concept of «unspecified time» can be very confusing to English learners. It is best to associate Present Perfect with the following topics:

#### TOPIC 1. Experience

You can use the Present Perfect to describe your experience. It is like saying, «I have the experience of...» You can also use this tense to say that you have never had a certain experience. The Present Perfect is NOT used to describe a specific event.

I have been to France.

(This sentence means that you have the experience of being to France. Maybe you have been once, or several times.)

I have been to France three times.

(You can add the number of times at the end of the sentence.)

I have never been to France.

(This sentence means that you have not had the experience of going to France.)

I think I have seen that movie before.

He has never traveled by train.

Joan has studied two foreign languages.

Have you ever met him?

No, I have not met him.

## **TOPIC 2. Change Over Time**

We often use the Present Perfect to talk about change that has happened over a period of time.

You have grown since the last time I saw you.

The government has become more interested in arts education.

Japanese has become one of the most popular courses at the university since the Asian studies program was established.

My English has really improved since I moved to Australia.

## **TOPIC 3. Accomplishments**

We often use the Present Perfect to list the accomplishments of individuals and humanity. You cannot mention a specific time.

Man has walked on the moon.

Our son has learned how to read.

Doctors have cured many deadly diseases.

Scientists have split the atom.

## **TOPIC 4. An Uncompleted Action You Are Expecting**

We often use the Present Perfect to say that an action which we expected has not happened. Using the Present Perfect suggests that we are still waiting for the action.

James has not finished his homework yet.

Susan hasn't mastered Japanese, but she can communicate.

Bill has still not arrived.

The rain hasn't stopped.

## TOPIC 5 Multiple Actions at Different Times

We also use the Present Perfect to talk about several different actions which occurred in the past at different times. Present Perfect suggests the process is not complete and more actions are possible.

The army has attacked that city five times.

I have had four quizzes and five tests so far this semester.

We have had many major problems while working on this project.

She has talked to specialists about the problem, but nobody knows why she's sick.

**N.B.** When we use the Present Perfect it means that something happened at some point in our lives before now. Remember, the exact time the action happened is not important.



Sometimes we want to limit the time we are looking in for an experience. Expressions such as «in the last week,» «in the last year,» «this week,» «this month,» «so far» and «up to now» can be used to narrow the time we are looking in for an experience.



Have you been to Mexico *in the last year*.

I have seen that movie six times *in the last month*.

They have had three tests *in the last week*.

She has worked for three different companies *so far*.

*This week* my car has broken down three times.

**N.B.** «Last year» and «in the last year» are very different in meaning. «Last year» means the year before now. «In the last year» means from 365 days ago until now.

I went to Mexico *last year*. (I went to Mexico in 1998.)

I have been to Mexico *in the last year*.

## USAGE 2. Duration From Past Until Now (Non-continuous Verbs)



With Non-continuous Verbs and some non-continuous uses of Mixed Verbs, we use the Present Perfect to show that something started in the past and has continued up until now. «For five minutes,» «for two weeks» and «since Tuesday» are all durations which can be used with the Present Perfect.

I have had a cold for two weeks.

She has been in England for six months.

Mary has loved chocolate since she was a little girl.

### Tasks

**13. You are asking somebody questions about things he or she has done. Make questions from the words in brackets.**

1. (ever / conduct / psychological experiment?)

\_\_\_\_\_

2. (ever / attend / international psychology conference?)

\_\_\_\_\_

3. (ever / publish / research article?)

\_\_\_\_\_

4. (ever / speak / with a clinical psychologist?)

\_\_\_\_\_

5. (always / work / in this research lab?)

\_\_\_\_\_

6. (most interesting case / ever / study?)

What \_\_\_\_\_

**14. Complete B's answer. Some sentences are positive and some negative. Use a verb from this list: to be, to feel, to study, to happen, to have, to meet, to practice, to read, to see, to observe, to try.**

1. A: What's George's therapist like?

B: I've no idea. I \_\_\_\_\_ her.

2. A: How is Amy coping these days?

B: I don't know. I \_\_\_\_\_ her recently.

3. A: Are you stressed?

B: Yes. I \_\_\_\_\_ much rest today.

4. A: Can you practice mindfulness?

- B: Yes, but \_\_\_\_\_ for ages.
5. A: Did you enjoy the workshop?  
B: Yes, it's the best session \_\_\_\_\_ for a long time.
6. A: What's that book on emotional intelligence like?  
B: I don't know. \_\_\_\_\_ it.
7. A: Is cognitive behavioral therapy effective?  
B: I've no idea. \_\_\_\_\_ it.
8. A: Mike was anxious again today.  
B: Again? He \_\_\_\_\_ every day this week.
9. A: Do you like meditation?  
B: I don't know. \_\_\_\_\_ it.
10. A: The same conflict happened again yesterday.  
B: Not again! That's the second time \_\_\_\_\_ this week.
11. A: Who's that psychologist by the door?  
B: \_\_\_\_\_ before.

**15. Complete these sentences using today / this year / this term etc.**

*Model:* I practiced mindfulness yesterday, but I haven't practiced it today.

1. I read about emotions yesterday but I \_\_\_\_\_.
2. Last year I attended a stress-management workshop but \_\_\_\_\_.
3. Tracy worked hard on emotional regulation last term but \_\_\_\_\_.
4. I meditated a lot last week but \_\_\_\_\_.
5. Our therapy group met regularly last season but we \_\_\_\_\_.

**16. Read the situations and write sentences**

*Model:* Jack is trying a breathing technique but he's very nervous and not sure what to do. You ask: "Have you practiced breathing techniques before?" He says: "No, this is the first time I've practiced a breathing technique."

1. Len is doing a mindfulness exercise. He's not very good and doesn't know the steps.  
You ask: Have \_\_\_\_\_?  
He says: No, this is the first \_\_\_\_\_.
2. Sue is trying progressive muscle relaxation. She looks unsure and uncomfortable.

You ask: \_\_\_\_\_?

She says: \_\_\_\_\_.

3. Maria is attending a group therapy session. She has just arrived and it's very new for her.

You ask: \_\_\_\_\_?

She says: \_\_\_\_\_.

**17. Write a letter with Present Perfect (Psychology theme)**

«Dear Marge. Lots of things have happened since I last wrote to you.»

(I / start / therapy) \_\_\_\_\_.

(my colleague / complete / a mindfulness course) \_\_\_\_\_.

(my cousin / struggle / with anxiety) \_\_\_\_\_.

(Charles and Sarah / join / a support group) \_\_\_\_\_.

(Suzanne / begin / practicing meditation) \_\_\_\_\_.

**18. Read the situations and write sentences with “just”, “already” or “yet”:**

*Model: After reading an article on intrinsic motivation, you meet a friend.*

*She says: Would you like to discuss the article?*

*You say: No, thank you. I've just discussed it in class.*

1. After studying Maslow's hierarchy of needs, you meet a friend. She says: Would you like to review the theory?

You say: No, thank you. \_\_\_\_\_ (revise) Maslow's hierarchy.

2. Joe went to the psychology lab to observe a motivation experiment. Five minutes later, the phone rings and the caller says: Can I speak to Joe?

You say: I'm afraid \_\_\_\_\_ (go to the lab).

3. You are analyzing a case study on extrinsic motivation. The instructor thinks you have finished and starts to take your paper away.

You say: Wait a minute! \_\_\_\_\_ (not / finish) writing the conclusion.

4. You are going to attend a lecture on self-determination theory this evening. You phone to reserve a seat. Later your friend says: Shall I phone to reserve a seat?

You say: No, \_\_\_\_\_ it. (do)

5. You know that a colleague is preparing a report on cognitive theories of motivation. Perhaps she has completed it. Ask her.

You say: \_\_\_\_\_?  
(finish)

6. Ann went to the seminar on achievement motivation, but a few minutes ago she returned. Somebody asks: Is Ann still at the seminar?

You say: No, \_\_\_\_\_. (come back)

**19. Put in “been” or “gone”:**

1. Ella is on a wellness retreat. She’s \_\_\_\_\_ to a stress management seminar.

2. Hello! I’ve just \_\_\_\_\_ to the counseling center. I’ve scheduled a session on coping strategies.

3. Alice isn’t here at the moment. She’s \_\_\_\_\_ to the pharmacy to get her prescribed anti-stress supplements.

4. Tom has \_\_\_\_\_ out for a walk to reduce anxiety. He’ll be back in about an hour.

5. “Are you going to the yoga class?” “No, I’ve already \_\_\_\_\_ to the yoga studio this morning.”

**20. Fill the gaps with for, since, still, yet, already or just:**

1. I’ve \_\_\_\_\_ finished reading about sleep cycles.

2. I haven’t studied body clocks \_\_\_\_\_ a long time.

3. I \_\_\_\_\_ haven’t completed my notes on circadian rhythms.

4. I’ve been learning about daily rhythms \_\_\_\_\_ last week.

5. Billy: Do you know anything about Sally’s project?

Betty: Oh, she’s fine. She’s \_\_\_\_\_ presented her work on sleep patterns.

6. I haven’t checked my notes on jet lag \_\_\_\_\_ Monday.

7. Betty: Have you written your summary \_\_\_\_\_?

Billy: Yes, I’ve \_\_\_\_\_ done it.

8. We’re going to discuss sleep health on Friday, but we haven’t started the topic \_\_\_\_\_.

9. She hasn’t attended the lecture on biological rhythms \_\_\_\_\_ two weeks.

10. I’ve been working on my research about sleep \_\_\_\_\_ 6 months.

11. Have you finished your homework on body clocks \_\_\_\_\_?

12. You can read the article if you want. I’ve \_\_\_\_\_ read it.

13. I can’t believe it. The professor \_\_\_\_\_ hasn’t explained why we feel tired at night.

14. Bobby: Can I use the data now, please?

Begonia: Sorry. I \_\_\_\_\_ haven't finished analyzing it.

15. Have you read the latest article on sleep and stress \_\_\_\_\_?

#### 4. PRESENT PERFECT CONTINUOUS TENSE

HAS / HAVE + BEEN + Ving

I have been waiting here for two hours.

She has only been studying English for two years.

**N.B.** When you are using a verb tense with more than one part such as Present Perfect Continuous (has been studying), adverbs often come between the first part and the second part (has only been studying).

##### USAGE 1. Duration from the Past Until Now



We use the Present Perfect Continuous to show that something started in the past and has continued up until now. «For five minutes», «for two weeks», and «since Tuesday» are all durations which can be used with the Present Perfect Continuous.

They have been talking for the last hour.

She has been working at that company for three years.

James has been teaching at the University since June.

##### USAGE 2. Recently, Late



You can use the Present Perfect Continuous WITHOUT a duration such as «for five minutes», «for two weeks», and «since Tuesday». Without the durations, the this tense gives a more general meaning of «lately». We often use the words «lately» or «recently» in the sentence to strengthen this meaning.

Recently, I have been feeling really tired.

She has been watching too much television lately.

Mary has been feeling a little depressed.

**N.B.** Remember that the Present Perfect Continuous has the meaning of «lately» or «recently.» If you use the Present Perfect Continuous in a question such as «Have you been feeling alright?», it suggests that the person looks sick or unhealthy. A question such as «Having you been smoking?» suggests that you can smell the smoke on the person. Using this tense in a question suggests you can see, smell, hear, or feel the results of the action. It is possible to insult someone by using this tense incorrectly.

### **Non-Continuous Verbs/ Mixed Verbs**

It is important to remember that Non-Continuous Verbs cannot be used in any continuous tenses. Also, certain non-continuous meanings for Mixed Verbs cannot be used in continuous tenses. To express the idea of Present Perfect Continuous with these exception verbs, you must use Present Perfect.

Sam has been having his car for two years. **Not Correct**

Sam has had his car for two years. **Correct**

### **Tasks**

#### **21. Write questions for each situation using Present Perfect Continuous tense:**

1. Your patient looks really relaxed.

You ask: (you / take the medicine?) \_\_\_\_\_?

2. You have just arrived to meet a friend who seems frustrated.

You ask: (you / wait / long?) \_\_\_\_\_?

3. You meet a friend in the street. His clothes are messy, and he looks stressed.

You ask: (what / you / do?) \_\_\_\_\_?

4. A friend of yours is now attending resilience training sessions. You want to know “How long...?”

You ask: (how long / you / attend / resilience training?) \_\_\_\_\_?

5. A friend tells you about her new coping strategy – journaling to manage anxiety.

You want to know “How long...?”

You ask: (how long / you / keep / a stress journal?) \_\_\_\_\_?

#### **22. Read the situations and write questions from the words in brackets:**

1. John tells you that his mother’s undergoing cognitive-behavioral therapy. You ask:

(how long / receive / CBT?)  
\_\_\_\_\_?

2. You meet a woman who says she works as a clinical psychologist. You ask her:

- (how long / practice / as a clinical psychologist?)  
\_\_\_\_\_?
3. You know that Jane has been attending group therapy with Carol. You ask Jane:  
(how long / participate / in group therapy with Carol?)  
\_\_\_\_\_?
4. Your friend's brother went to a rehabilitation center some time ago and is still there. You ask your friend:  
(how long / stay / in the rehabilitation center?)  
\_\_\_\_\_?
5. Tim always uses the same stress-relief technique. It's an old method. You ask him:  
(how long / use / that coping technique?)  
\_\_\_\_\_?
6. You are talking to a friend about Alan. Alan now works at a mental health clinic. You ask your friend:  
(how long / work / at the clinic?)  
\_\_\_\_\_?
7. A friend of yours is having psychotherapy sessions. You ask him:  
(how long / have / psychotherapy sessions?)  
\_\_\_\_\_?
8. You meet somebody on a train. She tells you that she specializes in trauma counseling. You ask her:  
(always / work / in trauma counseling?)  
\_\_\_\_\_?

**23. Put the verb into the Present Continuous or Present Perfect Continuous:**

1. Maria \_\_\_\_\_ (study) memory strategies for two years.
2. Hello, Tom. I \_\_\_\_\_ (look) for my notes on short-term memory all morning. Where can they be?
3. Why \_\_\_\_\_ (you / stare) at that my patient like that? Stop it!
4. We always use flashcards for group sessions. We \_\_\_\_\_ (use) them for years.
5. I \_\_\_\_\_ (think) about your advice on improving recall and I've decided to try it.
6. «Is Ann on holiday this week?» «No, she \_\_\_\_\_ (work) on a research paper about long-term memory.»

7. Sarah is very tired. She \_\_\_\_\_ (revise) memory theories very hard recently.

8. I \_\_\_\_\_ (read) about memory consolidation during sleep all week.

9. A: Where is Gary?

B: He \_\_\_\_\_ (study) encoding processes at the library for his cognitive psychology test on Wednesday. In fact, he \_\_\_\_\_ (review) memory models every day for the last week.

10. Your memory is brilliant! \_\_\_\_\_ You (do) memory exercises?

11. Frank, where have you been? We \_\_\_\_\_ (wait) for you since 1 P.M. to start the memory experiment.

12. A: What is that sound?

B: A car alarm \_\_\_\_\_ (ring) somewhere down the street. It \_\_\_\_\_ (drive) me crazy – I wish it would stop! It \_\_\_\_\_ (ring) for more than twenty minutes.

13. Joseph's memory \_\_\_\_\_ (improve) really, isn't it? He \_\_\_\_\_ (watch) educational videos and \_\_\_\_\_ (study) mnemonic techniques every day since he first joined the course. Soon he will be excellent at recall.

14. A: You look a little tired. \_\_\_\_\_ You (get) enough sleep lately?

B: Yes, I \_\_\_\_\_ (sleep) relatively well. I just look tired because I \_\_\_\_\_ (feel) a little stressed for the last week.

A: I hope you feel better soon.

B: Thanks. I \_\_\_\_\_ (take) some supplements to improve concentration, so I should feel better in a couple of days.

**24. Insert the verbs in brackets using the Present Continuous or Present Perfect Continuous:**

*Mr. Smith:* So tell me a little bit about yourself, Mr. Harris. I would like to find out a little bit more about your background.

*Mr. Harris:* I \_\_\_\_\_ (study) psychology for over ten years. I focused on cognitive psychology for six years and neuropsychology for four and a half. During that time, I heard many good things about your

research center and that's why I \_\_\_\_\_ (apply) for the new research position.

*Mr. Smith:* Tell me a little about your hobbies and interests.

*Mr. Harris:* In my spare time, I read about memory processes, volunteer at the psychology club, and attend conferences. In fact, I \_\_\_\_\_ (prepare) a presentation on perception this weekend.

*Mr. Smith:* Really, how long \_\_\_\_\_ (you, research) perception?

*Mr. Harris:* I \_\_\_\_\_ (work) on perception studies since graduate school. I love this field.

*Mr. Smith:* Great! We like dedication here. You mentioned you volunteer at the psychology club. I \_\_\_\_\_ (work, currently) with them on a project about attention span. We \_\_\_\_\_ (try) to develop new methods for improving concentration.

*Mr. Harris:* Do you know Frank Harris? He's my brother. He \_\_\_\_\_ (work, presently) on the same project.

*Mr. Smith:* I know Frank quite well. Any brother of Frank's would be a welcome addition to our team. Just one more thing, we \_\_\_\_\_ (look) for somebody who is fluent in Spanish; many of our participants are bilingual.

*Mr. Harris:* No problem. I \_\_\_\_\_ (study) Spanish since elementary school.

*Mr. Smith:* Sounds like you are the perfect candidate.

### 25 Put in "for" or "since":

1. I've been studying emotional intelligence \_\_\_\_\_ last summer.
2. Maria has been researching IQ tests \_\_\_\_\_ three years.
3. Have you been reading about multiple intelligences \_\_\_\_\_ a long time?
4. Sarah has worked on cognitive flexibility \_\_\_\_\_ 2020.
5. \_\_\_\_\_ the beginning of the semester, our class has focused on problem-solving skills.
6. Please hurry up! We've been discussing intelligence theories \_\_\_\_\_ an hour.
7. Kevin has been analyzing creativity scores \_\_\_\_\_ he joined the lab.
8. The project is very complex. We haven't updated the data \_\_\_\_\_ ages.
9. I haven't been attending seminars on artificial intelligence \_\_\_\_\_ last month.

**26. Put the verb into the Present Perfect or Present Perfect Continuous:**

1. \_\_\_\_\_ (you / ever feel) anxious?
2. Look! Somebody \_\_\_\_\_ (express) anger in that message.
3. You look tired. \_\_\_\_\_ (you / worry) about something?
4. «\_\_\_\_\_ (you / ever / experience) fear in public speaking?» «No, never.»
5. «Jane is away on holiday.» «Oh, is she? Where \_\_\_\_\_ (she / go) to relax?»
6. My brother is a psychologist. He \_\_\_\_\_ (study) emotional intelligence for years.
7. «Sorry I'm late.» «That's all right. I \_\_\_\_\_ (not / wait) long, but I was getting impatient.»
8. «Is it still raining?» «No, it \_\_\_\_\_ (stop), and I feel relieved.»
9. I \_\_\_\_\_ (lose, ever) my temper today. \_\_\_\_\_ (you / notice) it?
10. I \_\_\_\_\_ (read) the article on managing stress, but I \_\_\_\_\_ (not / finish) it yet.
11. I \_\_\_\_\_ (read) the book on positive emotions, so you can have it back now.
12. I'm exhausted. I \_\_\_\_\_ (deal) with this emotional burnout all day.
13. That old therapy method now looks fantastic. The researchers \_\_\_\_\_ (improve) it completely.
14. I think Maggie and Max are close. They \_\_\_\_\_ (share) a lot of feelings recently.
15. We \_\_\_\_\_ (discover) this great technique for stress relief and we \_\_\_\_\_ (use) it a lot.
16. How's Maggie? I \_\_\_\_\_ (not / talk) to her about her emotions for ages.
17. You're smiling, Max. What \_\_\_\_\_ (make) you so happy?
18. Maggie \_\_\_\_\_ (go) to the counselor. She \_\_\_\_\_ (not / cope) with her emotions lately.
19. Where \_\_\_\_\_ you (be)? I \_\_\_\_\_ (wait) for ages and started feeling frustrated.

20. I have to write a reflection on emotional regulation. I \_\_\_\_\_ (write) about half so far.
21. I (love) \_\_\_\_\_ helping people manage stress since I was a student.
22. Matt and Sarah (have) \_\_\_\_\_ some emotional difficulties lately, so they (go) \_\_\_\_\_ to therapy.
23. John (work) \_\_\_\_\_ on his research since he graduated. Until recently, he (enjoyed) \_\_\_\_\_ it, but now he feels discouraged.
24. Lately, I (think) \_\_\_\_\_ about changing my coping strategies because I (become) \_\_\_\_\_ dissatisfied with my progress.
25. I (know) \_\_\_\_\_ Judy for more than five years and during that time I have (see) \_\_\_\_\_ many changes in her emotional state.
26. A: How long (be) \_\_\_\_\_ interested in emotional psychology?  
B: I (study) \_\_\_\_\_ it for more than three years.

**27. Match the questions and the answers from two columns:**

1. How long have you been attending cognitive-behavioral therapy?	a. Yes, I've attended two workshops on stress reduction this year.
2. Have you ever experienced symptoms of burnout?	b. I've been practicing mindfulness for about six months to manage anxiety.
3. How long have you been practicing mindfulness techniques?	c. Yes, I've completed an emotional intelligence test recently.
4. Have you ever taken an emotional intelligence assessment?	d. I've been working on motivation strategies since last semester.
5. How long have you been working on your motivation strategies?	e. Yes, I've experienced burnout during my previous job.
6. Have you ever participated in a stress management workshop?	f. I've been attending CBT sessions for three weeks now.
7. How long have you been researching mental disorders?	g. I've been researching mental disorders for over five years as part of my PhD.
8. Have you ever tried journaling as a coping mechanism?	h. Yes, I've tried journaling, and it really helps me cope with stress.

**28. Two people are discussing a delayed therapy session. Use the verbs in the Present Perfect or the Present Perfect Continuous Tense:**

**Robin:** I think the therapist (forget) \_\_\_\_\_ us. We (wait) \_\_\_\_\_ in the counseling room for over half an hour and nobody (start) \_\_\_\_\_ the session yet.

**Michele:** I think you're right. She (walk) \_\_\_\_\_ past our door at least twenty times. She probably thinks we (begin, already) \_\_\_\_\_ the mindfulness exercise.

**Robin:** Look at those people over there, they (be, only) \_\_\_\_\_ here for five or ten minutes and they're already having their consultation.

**Michele:** She must realize we (start, not) \_\_\_\_\_ yet! We (sit) \_\_\_\_\_ here for over half an hour reviewing coping strategies.

**Robin:** I don't know if she (notice, even) \_\_\_\_\_ us. She (run) \_\_\_\_\_ from room to room conducting therapy sessions.

**Michele:** That's true, and she (look, not) \_\_\_\_\_ in our direction once.

**29. Complete B's answers to A's questions:**

1. A: Is Margaret married?

B: Yes, she \_\_\_\_\_ married for ten years and says her relationship helps her feel more self-confident.

2. A: Are you waiting for me?

B: Yes, I \_\_\_\_\_ for the last half hour in the relaxation lounge.

3. A: You know Linda, don't you?

B: Yes, we \_\_\_\_\_ each other for ages; we met at a psychology conference.

4. A: Do you still play tennis?

B: No, I \_\_\_\_\_ tennis for years; instead, I practice yoga for stress reduction.

5. A: Is Jim watching TV again?

B: Yes, he \_\_\_\_\_ TV all evening to distract himself from anxiety.

6. A: Have you got a headache?

B: Yes, I \_\_\_\_\_ a headache all morning due to stress overload at work.

7. A: George is never ill, is he?

B: No, he \_\_\_\_\_ ill since I've known him; he has a great immune system.

8. A: Sue lives in London, doesn't she?

B: Yes, she \_\_\_\_\_ in London for the last few years, working as a clinical psychologist.

9. A: Do you still go to the therapy sessions a lot?

B: No, I \_\_\_\_\_ to the session for ages; I usually attend motivation workshops instead.

## 5. PAST SIMPLE TENSE

V+ed

I visited my friends.

I often visited my friends.

**N.B.** When you are using a verb tense with only one part such as Simple Past (visited), adverbs usually come before the verb (often visited). Please remember this is different from verbs with more than one part such as Present Continuous.

### USAGE 1. Completed Action in the Past



Use the Simple Past to express the idea that an action started and finished at a specific time in the past. Sometimes the speaker may not actually mention the specific time, but they do have one specific time in mind.

I saw a movie yesterday.

I didn't see a movie yesterday.

Last year, I traveled to Japan.

Last year, I didn't travel to Japan.

### USAGE 2. A Series of Completed Action



We use the Simple Past to list a series of completed actions in the past. These actions happen 1st, 2nd, 3rd, 4th...

I finished work, walked to the beach, and found a nice place to swim.

He arrived from the airport at 8:00, checked into the hotel at 9:00, and met the others at 10:00.

### USAGE 3. Single Duration



The Simple Past can be used with a duration which starts and stops in the past. A duration is a long action often used with expressions like «for two years,» «for five minutes,» «all day» or «all year.»

I lived in Brazil for two years.

Shauna studied Japanese for five years.

They sat at the beach all day.

We talked on the phone for thirty minutes.

How long did you wait for them?

We waited for one hour.

#### **USAGE 4. Habit in the Past**

The Simple Past can also be used to describe a habit which stopped in the past. It can have the same meaning as «used to». To make it clear that we are talking about a habit we often use expressions such as «always,» «often,» «usually,» «never,» «...when I was a child» or «...when I was younger» in the sentence.

I studied French when I was a child.

He played the violin.

She worked at the movie theater after school.

They never went to school, they always skipped.

#### **N.B. «When clauses» happen first**

Clauses are groups of words which have meaning but are not complete sentences. Some clauses begin with the word *when* such as «When I dropped my pen...» or «When class began...» These clauses are called «when clauses» and they are very important. The examples below contain «when clauses.»

When I paid her one dollar, she answered my question.

She answered my question, when I paid her one dollar.

«When clauses» are important because they always happen first when both clauses are in the Simple Past. Both of the examples above mean the same thing. First, I paid her one dollar, and then, she answered my question. However, the example below has a different meaning. First, she answered my question, and then, I paid her a dollar.

I paid her a dollar, when she answered my question.

### **Tasks**

**30. Put one of these verbs in each sentence: to diagnose, to treat, to prescribe, to recommend, to develop, to research, to publish, to teach, to design, to spend, to write, to win**

1. Sigmund Freud \_\_\_\_\_ several groundbreaking articles on psychoanalysis and dream interpretation.
2. “How did you learn mindfulness techniques?” “My therapist \_\_\_\_\_ me during our sessions.”
3. After yesterday’s session the doctor \_\_\_\_\_ (prescribe) Mike medication to help reduce panic attacks.
4. I was very anxious, so I \_\_\_\_\_ the breathing exercise immediately.
5. Paul and I took part in a resilience-building challenge yesterday. He’s much better than me, so he \_\_\_\_\_ easily.
6. Jim \_\_\_\_\_ us a new stress-management app, so Sue \_\_\_\_\_ it yesterday and it \_\_\_\_\_ \$50.

**31. A colleague has just come back from a psychology conference. You ask him/her about it. Write your questions:**

1. (where / go?) \_\_\_\_\_
2. (go alone?) \_\_\_\_\_
3. (topics on mental health / interesting?) \_\_\_\_\_
4. (how long / stay there?) \_\_\_\_\_
5. (stay / at a hotel?) \_\_\_\_\_
6. (how / travel?) \_\_\_\_\_
7. (the keynote speech / inspiring?) \_\_\_\_\_
8. (what / do in the evenings?) \_\_\_\_\_
9. (meet any well-known psychologists?) \_\_\_\_\_

**32. Complete the sentences. Put the verb into the correct past form, positive or negative:**

1. It was a stressful day, so I \_\_\_\_\_ a relaxation technique. (to practice)
2. The lecture wasn’t very inspiring. I \_\_\_\_\_ it very much. (to enjoy)
3. I knew my friend was struggling with PTSD, so I \_\_\_\_\_ her with too many questions. (to disturb)

4. I felt exhausted after the therapy session, so I \_\_\_\_\_ to bed early. (to go)
5. Sue wasn't motivated, so she \_\_\_\_\_ any coping strategies. (to apply)
6. We went to the psychology lab but the professor \_\_\_\_\_ there. (to be)
7. It was a funny situation during the group therapy, but nobody \_\_\_\_\_ (to laugh).
8. The door was open and a therapy dog \_\_\_\_\_ into the ward. (to come)
9. The online course wasn't very expensive. It \_\_\_\_\_ very much. (to cost)
10. I was in a hurry, so I \_\_\_\_\_ time to look through the latest trends in psychology. (to have)
11. It was hard work analyzing the case studies. They \_\_\_\_\_ very complex. (to be)

**33. Put the verbs in brackets in correct form, Present Perfect or Past Simple:**

1. «Where's your research paper?» «I don't know. I \_\_\_\_\_ it.» (lose)
2. I \_\_\_\_\_ very tired after the stress management workshop, so I lay down and rested. (be)
3. Mary \_\_\_\_\_ to a psychology conference for a while but she's back again now. (go)
4. «Where's Ken?» «He \_\_\_\_\_ out to interview his patient. He'll be back in an hour.» (go)
5. I studied cognitive psychology at university but I \_\_\_\_\_ most of it. (forget)
6. I meant to email my professor last night but I \_\_\_\_\_ (forget)
7. I \_\_\_\_\_ a headache earlier during the statistics lecture, but I feel fine now. (have)
8. Look! There's an ambulance over there. There \_\_\_\_\_ an accident involving a stressed driver. (be)
9. They're still conducting the research. They \_\_\_\_\_ it. (not / finish)
10. «Is Helen still here?» «No, she \_\_\_\_\_ out to attend a motivation seminar.» (just / go)
11. The researchers \_\_\_\_\_ three participants but later they let them go. (interview)

12. Ann \_\_\_\_\_ (give) me her notes on coping strategies but I'm afraid I \_\_\_\_\_ them. (lose)
13. Where's my psychology textbook? It \_\_\_\_\_ (be) on the desk. It \_\_\_\_\_! (disappear)
14. What do you think of my understanding of modern psychology? Do you think I \_\_\_\_\_? (improve)
15. I don't know where Amy is. \_\_\_\_\_ (you / see) her at the stress management class?
16. When I \_\_\_\_\_ (get) home last night, I \_\_\_\_\_ (be) very tired and I \_\_\_\_\_ (go) straight to bed.
17. Your research looks very clean. \_\_\_\_\_ (you / revise) it?
18. George \_\_\_\_\_ (not / feel) very well last week due to burnout.
19. Mr. Gabe \_\_\_\_\_ (work) as a psychology lecturer for 15 years. Then he gave it up.
20. " \_\_\_\_\_ (you / attend) the psychology webinar last night?" «Yes, but it \_\_\_\_\_ (be) a mistake. The speaker \_\_\_\_\_ (be) awful.»
21. They \_\_\_\_\_ (to go) to Venice three years ago for a psychology congress.
22. David lost his research notes yesterday but he \_\_\_\_\_ (to find) them this morning in his bag.
23. Who \_\_\_\_\_ (to be) with you at the psychology conference in Paris last summer?
24. We \_\_\_\_\_ (to apply) stress coping strategies for five years and we're very happy with the results.
25. I know Manchester quite well. I \_\_\_\_\_ (to live) there for three years when I was a psychology student.
26. She feels great. She \_\_\_\_\_ (to reduce) her stress level significantly since Christmas.
27. The last time I \_\_\_\_\_ (to practice) yoga for stress relief was four years ago.
28. A: Did you like the documentary on PTSD?  
B: I don't know. I (see, never) \_\_\_\_\_ that documentary.
29. Sam \_\_\_\_\_ (to apply) at the psychology department a week ago.
30. We \_\_\_\_\_ (to be) colleagues for fifteen years now. We still discuss psychological trends once a week.

31. Stinson is a fantastic researcher. He (write) \_\_\_\_\_ ten very creative articles on motivation in the last year.
32. I (have, not) \_\_\_\_\_ this much motivation since I (be) \_\_\_\_\_ a student.
33. Before they started the therapy, they \_\_\_\_\_ (to work out) the plan very carefully.
34. Things (change) \_\_\_\_\_ a great deal in modern psychology. When we first (start) \_\_\_\_\_ studying three years ago, the field (have, only) \_\_\_\_\_ a few major trends. Since then, it (expand) \_\_\_\_\_ to include many new approaches.
35. I (tell) \_\_\_\_\_ him to follow the coping strategies, but he (ignore) \_\_\_\_\_ them and (be) \_\_\_\_\_ overwhelmed by stress.
37. In the last hundred years, therapy (become) \_\_\_\_\_ much more effective and accessible. In the past, it (take) \_\_\_\_\_ months to treat PTSD. Things (change) \_\_\_\_\_ a great deal.
38. Johnny, I can't believe how much your motivation (change) \_\_\_\_\_ since the last time I (see) \_\_\_\_\_ you. You (grow) \_\_\_\_\_ so confident!
39. This theory (be) \_\_\_\_\_ developed by the pioneers who (found) \_\_\_\_\_ modern psychology over a hundred years ago.

**34. Are the following sentences right or wrong? Correct the ones that are wrong:**

1. Do you know about Sue? She's given up her research on stress coping!
2. Modern psychologists have invented cognitive-behavioral therapy.
3. How many theories has Freud developed?
4. Have you read any of Freud's case studies?
5. Aristotle has been a Greek philosopher who studied the mind.
6. My grandparents have got married in London during their psychology studies.
7. Albert Bandura has been the psychologist who has developed social learning theory.
8. I've lost my research notes. I can't find them anywhere.
9. Have you seen the lecture on coping strategies last night?
10. I've bought a new book on motivation. Do you want to see it?
11. I've bought a new book on PTSD last week.
13. I'm looking for Mike. Have you seen him in the psychology lab?
14. I'm very hungry. I haven't eaten anything today because of my research work.
15. Diane hasn't been at the seminar yesterday.

**35. Put the verb into the most suitable form, Present Perfect or Past Simple:**

1. **A:** Look! Somebody \_\_\_\_\_ (spill) coffee on the desk in the psychology lab.  
**B:** Well, it \_\_\_\_\_ (not / be) me. I \_\_\_\_\_ (not / do) it.
2. **A:** Ben \_\_\_\_\_ (break) his arm during the stress management workshop.  
**B:** Really? How \_\_\_\_\_ (that / happen)?  
**A:** He \_\_\_\_\_ (fall) off a chair while setting up the projector.
3. **A:** Your presentation looks great. \_\_\_\_\_ (you / prepare) new slides on coping strategies?  
**B:** Yes.  
**A:** Who \_\_\_\_\_ (help) you? \_\_\_\_\_ (you / go) to the research assistant?  
**B:** No, a friend of mine \_\_\_\_\_ (do) the design for me.
4. **A:** Is your professor in the office today?  
**B:** No, I'm afraid he \_\_\_\_\_ (go) away to attend a seminar on PTSD.  
**A:** When exactly \_\_\_\_\_ (he / leave)?  
**B:** About 10 a.m. today.
5. **A:** Where do you work now?  
**B:** At the Department of Psychology in Boston.  
**A:** How long \_\_\_\_\_ (you / work) there?  
**B:** Five years.  
**A:** Where \_\_\_\_\_ (you / work) before that?  
**B:** In Chicago.  
**A:** And how long \_\_\_\_\_ (you / work) in Chicago?  
**B:** Two years.

**36. Put the verbs in brackets in correct form, Present Perfect or Past Simple:**

Since psychology was first introduced as an academic discipline in the late 19th century, the field (change) \_\_\_\_\_ a great deal. The first psychological studies (be) \_\_\_\_\_ simple experiments designed to explore basic mental processes. They (have, not) \_\_\_\_\_ much empirical data and they (be, not) \_\_\_\_\_ very comprehensive. Early psychologists often (work) \_\_\_\_\_ alone and (publish) \_\_\_\_\_ separate papers focused mostly on perception or memory.

Times (change) \_\_\_\_\_. Psychology (become) \_\_\_\_\_ a diverse science with many practical applications. Researchers (develop) \_\_\_\_\_ a wide range of theories and methods which do everything from explaining motivation to treating PTSD. We are still studying classical theories, but today's approaches (become) \_\_\_\_\_ more evidence-based and interdisciplinary. Many psychology students (get, also) \_\_\_\_\_ involved in online research communities and (begin) \_\_\_\_\_ collaborating with professionals around the world. We (start) \_\_\_\_\_ to create international networks for sharing knowledge. In short, the simple, individual studies of the past (evolve) \_\_\_\_\_ into a global science shaping mental health and human behavior.

## 6. PAST CONTINUOUS TENSE

WAS / WERE + Ving

I was studying when she called.

I was carefully picking up the snake when it bit me.

**N. B.** When you are using a verb tense with more than one part such as Past Continuous, adverbs often come between the first part and the second part (was carefully picking).

**N. B.** Clauses are groups of words which have meaning but are not complete sentences. Some clauses begin with the word *when* such as «...when she called» or «...when it bit me.» Clauses with the Past Continuous usually start with *while*. *While* expresses the idea «during the time.» Study the examples below. They have the same meaning.

I was studying when she called.

While I was studying, she called.

### USAGE 1. Interrupted Action in the Past



Use the Past Continuous to indicate that a longer action in the past was interrupted. The interruption is usually an action in the Simple Past. Remember this can be a real interruption or just an interruption in time.

I was watching TV when she called.

When the phone rang, she was writing a letter.

While we were having a picnic, it started to rain.

Sally was working when Joe had the car accident.

While John was sleeping last night, someone stole his car.

## USAGE 2. Specific Time as an Interruption



In USAGE 1, the Past Continuous is interrupted by an action in the Simple Past. However, you can also use a specific time as an interruption.

Last night at 6 p.m., I was eating dinner.

At midnight, we were still driving through the desert.

In the Simple Past a specific time is used to show when an action began or finished. In the Past Continuous a specific time only interrupts the action.

Last night at 6 p.m., I ate dinner.

(I started eating at 6 p.m.)

Last night at 6 p.m., I was eating dinner.

(I started earlier and at 6 p.m. I was in the process of eating dinner.)

## USAGE 3. Parallel Actions



When you use the Past Continuous with two actions in the same sentence, it expresses the idea that both actions were happening at the same time. The actions are parallel.

I was studying while he was making dinner.

While Ellen was reading, Tim was watching television.

They were eating dinner, discussing their plans and having a good time.

## USAGE 4. Atmosphere

In English we often use a series of Parallel Actions to describe atmosphere in the past.

When I walked into the office, several people were busily typing, some were talking on the phones, the boss was yelling directions, and customers were waiting to

be helped. One customer was yelling at a secretary and waving his hands. Others were complaining to each other about the bad service.

### USAGE 5. Repetition and Irritation with «Always»



The Past Continuous with words such as *always* or *constantly* expresses the idea that something irritating or shocking often happened in the past. The concept is very similar to the expression *used to* but with negative emotion. Remember to put the words *always* or *constantly* between «be» and «Ving.»

She was always coming to class late.

He was constantly talking. He annoyed everyone.

I didn't like them because they were always complaining.

#### N. B. Non-Continuous Verbs/ Mixed Verbs

It is important to remember that Non-Continuous Verbs cannot be used in any «continuous» tenses. Also, certain «non-continuous» meanings for Mixed Verbs cannot be used in «continuous» tenses. To express the idea of Past Continuous with these verbs, you must use Simple Past.

Jane was being at my house when you arrived. **Not Correct**

Jane was at my house when you arrived. **Correct**

### Tasks

#### 37. Fill the gaps using the verb in brackets in the Past Continuous Tense:

1. I \_\_\_\_\_ research articles all day yesterday. (write)
2. You \_\_\_\_\_ on the phone with your supervisor for hours and hours. (talk)
3. They \_\_\_\_\_ much data analysis before lunch. (do NEGATIVE)
4. She \_\_\_\_\_ to me all week about her internship plans. (speak NEGATIVE)
5. It \_\_\_\_\_ for long during the outdoor stress resistance experiment. (rain NEGATIVE)
6. What \_\_\_\_\_ you \_\_\_\_\_ when I emailed you yesterday? (do)
7. \_\_\_\_\_ you \_\_\_\_\_ the online lecture when it happened? (watch)

8. What \_\_\_\_\_ you \_\_\_\_\_ at the psychology conference?  
(wear)

**38. Complete these sentences. Use the Past Continuous:**

1. Tom hurt his hand while he \_\_\_\_\_ in the lab. (conduct / experiment)
2. The doorbell rang while I \_\_\_\_\_ my online counseling session. (have)
3. We saw an accident while we \_\_\_\_\_ to the university for a lecture. (travel / bus)
4. Mary fell asleep while she \_\_\_\_\_ a long article on cognitive theories. (read)
5. The projector was on but nobody \_\_\_\_\_ the presentation on career paths in psychology. (watch)

**39. Put the verbs into the correct form, Past Continuous or Past Simple:**

1. Jane \_\_\_\_\_ (wait) for me when I \_\_\_\_\_ (arrive) at the psychology department.
2. «What \_\_\_\_\_ (you / do) this time yesterday?» «I was preparing my research proposal.»
3. «\_\_\_\_\_ (you / attend) the career webinar last night?» «No, I was too tired.»
4. «Was Carol at the seminar last night?» «Yes, she \_\_\_\_\_ (wear) a really nice suit.»
5. How fast \_\_\_\_\_ (you / run) when the accident \_\_\_\_\_ (happen)?
6. John \_\_\_\_\_ (take) a photo of me in the lab while I \_\_\_\_\_ (not / look).
7. We were in a very difficult position. We \_\_\_\_\_ (not / know) how to analyze the data.
8. I haven't seen Alan for ages. When I last \_\_\_\_\_ (see) him, he \_\_\_\_\_ (try) to find an internship in clinical psychology.
9. When I was young, I \_\_\_\_\_ (want) to be a psychologist.
10. I \_\_\_\_\_ (walk) along the campus when suddenly I \_\_\_\_\_ (hear) someone calling my name.
11. I \_\_\_\_\_ (see) Sue in town yesterday but she \_\_\_\_\_ (not / see) me. She \_\_\_\_\_ (look) the other way.

12. I \_\_\_\_\_ (meet) Tom and Ann at the airport a few weeks ago. They \_\_\_\_\_ (go) to Berlin for a psychology conference and I \_\_\_\_\_ (go) to Madrid for a workshop.
13. After I (find) \_\_\_\_\_ the lost research notes, I (go, immediately) \_\_\_\_\_ to the library and (continue) \_\_\_\_\_ my work.
14. The professor (say) \_\_\_\_\_ that Tom (be) \_\_\_\_\_ too stressed to attend classes and that he (need) \_\_\_\_\_ to take a break.
15. Sebastian (arrive) \_\_\_\_\_ at Susan's house a little before 9:00 pm, but she (be, not) \_\_\_\_\_ there. She (study, at the library) \_\_\_\_\_ for her final psychology exam.
16. A: I (call) \_\_\_\_\_ you last night after dinner, but you (be, not) \_\_\_\_\_ there. Where were you?  
B: I (work) \_\_\_\_\_ on my research paper at the university library.
17. When I (walk) \_\_\_\_\_ into the busy office, the secretary (talk) \_\_\_\_\_ on the phone with a client, several assistants (work, busily) \_\_\_\_\_ on case studies, and two professors (discuss, quietly) \_\_\_\_\_ new trends in psychology.
18. I (watch) \_\_\_\_\_ a webinar on career development when the electricity went out.
19. When I entered the conference hall, a couple of researchers (discuss, busily) \_\_\_\_\_ their findings and (try) \_\_\_\_\_ to network with professionals who (look) \_\_\_\_\_ for collaboration. Some students (carry) \_\_\_\_\_ their posters through the narrow aisles. A couple of professors (argue) \_\_\_\_\_ over the interpretation of a theory. I (walk) \_\_\_\_\_ over to a booth where a team (present) \_\_\_\_\_ their study and (ask) \_\_\_\_\_ a question.
20. The assistants (help) \_\_\_\_\_ the guest speaker who \_\_\_\_\_ (prepare) for the keynote lecture.
21. She was so annoying! She (submit, always) \_\_\_\_\_ her reports unfinished. I think she (expect, actually) \_\_\_\_\_ me to complete them for her.
22. «What \_\_\_\_\_ (you / do) this time yesterday?» «I was preparing my research proposal.»

**40. Put the verbs into the correct form, Past Continuous or Past Simple:**

Last night, while I \_\_\_\_\_ (do) my homework, Angela (call) \_\_\_\_\_. She said she (call) \_\_\_\_\_ me on her cell phone from her biology classroom. I asked her if she (wait) \_\_\_\_\_

for class, but she said that the professor was at the front of the hall lecturing while she (talk) \_\_\_\_\_ to me. I couldn't believe she (make) \_\_\_\_\_ a phone call during the lecture. I asked what was going on.

She said her biology professor was so boring that several of the students (sleep, actually) \_\_\_\_\_ in class. Some of the students (talk) \_\_\_\_\_ about their plans for the weekend and the student next to her (draw) \_\_\_\_\_ a picture of a horse. When Angela (tell) \_\_\_\_\_ me she was not satisfied with the class, I (mention) \_\_\_\_\_ that my biology professor was quite good and (suggest) \_\_\_\_\_ that she switch to my class.

While we were talking, I (hear) \_\_\_\_\_ her professor yell, «Miss, are you making a phone call?» Suddenly, the line went dead. I (hang) \_\_\_\_\_ up the phone and went to the kitchen to make dinner. As I (cut) \_\_\_\_\_ vegetables for a salad, the phone rang once again. It (be) \_\_\_\_\_ Angela, but this time she wasn't sitting in class.

## 7. PAST PERFECT TENSE

HAD + V3 (PAST PARTICIPLE)

I had studied a little English when I came to the U.S.

They had never met an American until they met John.

**N. B.** When you are using a verb tense with more than one part such as Past Perfect (had met), adverbs often come between the first part and the second part (had never met).

### USAGE 1. Completed Action Before Something in Past



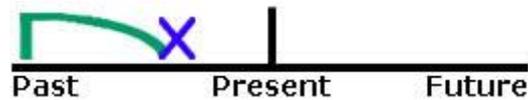
The Past Perfect expresses the idea that something occurred before another action in the past. It can also show that something happened before a specific time in the past.

I had never seen such a beautiful beach before I went to Kauai.

Had you ever visited the U.S. before your trip in 1992?

Yes, I had been to the U.S. once before in 1988.

### USAGE 2. Duration Before Something in the Past (Non-continuous Verbs)



With Non-progressive Verbs and some non-progressive uses of Mixed Verbs, we use the Past Perfect to show that something started in the past and continued up until another action in the past.

We had had that car for ten years before it broke down.

By the time Alex finished his studies, he had been in London for over eight years.

### Specific Times with the Past Perfect

Unlike the Present Perfect, it is possible to use specific time words or phrases with the Past Perfect. Although this is possible, it is usually not necessary.



She had visited her Japanese relatives once in 1993 before she moved in with them in 1996.

If the Past Perfect action did occur at a specific time, the Simple Past can be used instead of the Past Perfect when *before* or *after* is used in the sentence. The words *before* and *after* actually tell you what happens first so the Past Perfect is optional. Both sentences below are correct.

She had visited her relatives once in 1993 before she moved in with them in 1996.

She visited her relatives once in 1993 before she moved in with them in 1996.

**N. B.** If the Past Perfect action did not happen at a specific time, Past Perfect **MUST** be used at all times. Compare the two sentences below.



She had never seen a bear before she moved to Alaska. **Correct**

She never saw a bear before she moved to Alaska. **Not Correct**

### Tasks

**41. Read the situations and write sentences from the words in brackets:**

1. You went to Jill's house, but she wasn't there. (she / go / out)

\_\_\_\_\_

2. You went back to your hometown after many years. It wasn't the same as before. (change / a lot)

\_\_\_\_\_

3. I invited Rachel to the party, but she couldn't come. (she / arrange / to do something else) \_\_\_\_\_
4. You went to the cinema last night. You arrived at the cinema late. (the film / already / begin) \_\_\_\_\_
5. I was very pleased to see Tim again after such a long time. (I / not / see / him for five years) \_\_\_\_\_
6. I offered Sue something to eat but she wasn't hungry. (she / just / have / breakfast) \_\_\_\_\_

**42. Read the situations and write sentences ending with "before". Use the verb given in brackets:**

**Model:** During the intercultural workshop the participant looked confused. It was his first interaction with another culture. (to interact) → He had never interacted before.

1. The students listened to a lecture about Wilhelm Wundt. For many of them it was their first encounter with experimental psychology. (to study)  
\_\_\_\_\_.
2. During the seminar, Emily analyzed Freud's theory of the unconscious. It was her first time working with psychoanalytic concepts. (to encounter)  
\_\_\_\_\_.
3. Last month we visited the museum of psychological history. It was our first exposure to original behaviorist equipment. (to see)  
\_\_\_\_\_.

**43. Fill the gaps with the verb in brackets using either Past Perfect or Past Simple:**

1. We arrived at the lab in the morning and found that somebody \_\_\_\_\_ (to violate) our research space during the night. So we \_\_\_\_\_ (to report) the incident to the committee.
2. We arrived at the archives in the morning and discovered that someone \_\_\_\_\_ (to move) the original notes from Pavlov's experiments. So we \_\_\_\_\_ (to notify) the archivist.
3. I tried to contact the museum curator, but \_\_\_\_\_ (there / to be) no reply. He \_\_\_\_\_ (to leave) for a conference on early cognitive psychology.
4. I met Professor Adams last week. He \_\_\_\_\_ (to return) from a symposium on Gestalt psychology. He \_\_\_\_\_ (to look) very excited.
5. "Was Dr. Hall at the lecture on structuralism when you arrived?" – "No, he \_\_\_\_\_ (to leave)."

6. I met Jim a few days ago. He \_\_\_\_\_ (to return) just from a cultural immersion program. He \_\_\_\_\_ (to seem) very inspired.
7. I felt mentally exhausted after the long session on social cognition, so I \_\_\_\_\_ (to go) to bed immediately.
8. We were driving to the conference venue when we \_\_\_\_\_ (notice) a group whose transport \_\_\_\_\_ (break) down, so we \_\_\_\_\_ (stop) to offer help.

## 8. PAST PERFECT CONTINUOUS TENSE

HAD BEEN + Ving

I had been waiting there for two hours before she finally arrived.

She had only been studying English for two years before she got the job.

**N. B.** When you are using a verb tense with more than one part such as Past Perfect Continuous (had been studying), adverbs often come between the first part and the second part (had only been studying).

### USAGE 1. Duration Before Something in the Past



We use the Past Perfect Continuous to show that something started in the past and continued up until another time in the past. «For five minutes» and «for two weeks» are both durations which can be used with the Past Perfect Continuous. Notice that this is related to the Present Perfect Continuous; however, the duration does not continue until now.

They had been talking for over an hour before Tony arrived.

She had been working at that company for three years when it went out of business.

James had been teaching at the University for more than a year before he left for Asia.

### USAGE 3. Cause of Something in the Past

Using the Past Perfect Continuous before another action in the past is a good way to show cause and effect.

Jason was tired because he had been jogging.

Sam gained weight because he had been overeating.

**N. B.** If you do not include a duration such as «for five minutes,» «for two weeks» or «since Friday», many English speakers choose to use the Past Continuous. There is also a difference in meaning. Compare the examples below.

I was reading when my roommate returned.

The reading will be interrupted.

I had been reading for an hour when my roommate returned.

The reading stopped just before my roommate returned.

### Tasks

#### 44. Read the situations and make sentences from the words in brackets:

Model: I was very tired when I arrived home. (I / work / hard all day) - I had been working hard all day.

- The two boys came into the house. They had a football and they were both very tired. (they / play / football) \_\_\_\_\_.
- There was nobody in the room but there was a smell of cigarettes. (somebody / smoke / in the room) \_\_\_\_\_.

3. Ann woke up in the middle of the night. She was frightened and didn't know where she was. (she / dream) \_\_\_\_\_.
4. When I got home, Mike was sitting in front of the TV. He had just turned it off. (he / watch / TV) \_\_\_\_\_.

**45. Read the situations and complete the sentences:**

**Model:** We played tennis yesterday. Half an hour after we began playing, it started to rain. We had been playing for half an hour when it started to rain.

1. I had arranged to meet Tom in a restaurant. I arrived and waited for him. After 20 minutes I suddenly realized that I was in the wrong restaurant. I \_\_\_\_\_ for 20 minutes when I \_\_\_\_\_.
2. Sarah got a job in factory. Five years later the factory closed down. At the time the factory \_\_\_\_\_, Sarah \_\_\_\_\_ there for five years.
3. I went to a concert last week. The orchestra began playing. After about ten minutes a man in the audience suddenly began shouting. The orchestra \_\_\_\_\_ when \_\_\_\_\_.

**46. Put the verb into the most suitable form, Past Continuous, Past Perfect or Past Perfect continuous:**

1. It was very noisy next door. Our classmates \_\_\_\_\_ (have) a discussion about Freud's theories.
2. John and I went to the university library. I had difficulty keeping up with him because he \_\_\_\_\_ (walk) so fast to get a good seat for the lecture on cognitive science.
3. Mary was We were good friends. We \_\_\_\_\_ (know) each other since our first year of studying psychology sitting on the steps outside the psychology department. She was out of breath. She \_\_\_\_\_ (run) to submit her research proposal.
4. When I arrived, everybody was sitting around the seminar table with their notebooks open. They \_\_\_\_\_ (take) notes on the history of behaviorism.
5. When I arrived, everybody was sitting around the seminar table and discussing. Their notebooks were closed but full of notes. They \_\_\_\_\_ (take) notes earlier.
6. Jim was on his hands and knees on the classroom floor. He \_\_\_\_\_ (look) for his psychological statistics textbook.

7. When I arrived, Kate \_\_\_\_\_ (wait) for me before the methodology lecture. She was rather annoyed with me because I was late and she \_\_\_\_\_ (wait) for a very long time.
8. I was sad when I sold my old psychology textbooks. I \_\_\_\_\_ (have) them for a very long time.
9. We were extremely tired at the end of the field research trip. We \_\_\_\_\_ (collect) data for more than 24 hours.

**47. Complete the text with the verbs in brackets using the Past Perfect or the Past Perfect Continuous Tenses:**

I'm sorry I left the research lab without you last night, but I told you to meet me early because the lecture on the history of psychology started at 11:00. I \_\_\_\_\_ (try) to get seats for that lecture for months, and I didn't want to \_\_\_\_\_ miss \_\_\_\_\_ it. By the time I finally left the psychology department lounge where we were supposed to meet, I \_\_\_\_\_ (have) five cups of coffee and I \_\_\_\_\_ (wait) for over an hour.

I had to leave because I \_\_\_\_\_ (arrange) to meet Kathy in front of the conference hall.

When I arrived at the hall, Kathy \_\_\_\_\_ (pick, already) up the lecture leaflet, and she was waiting for us near the entrance. She was really angry because she \_\_\_\_\_ (wait) for more than half an hour. She said she \_\_\_\_\_ (give, almost) up and \_\_\_\_\_ (go) into the hall without us.

Kathy told me you \_\_\_\_\_ (be) late several times in the past and that she would not make study plans with you again in the future. She mentioned that she \_\_\_\_\_ (miss) several important talks because of your late arrivals.

I think you owe her an apology. And in the future, I suggest you be on time!

**48. Use the verbs in brackets in the Present Perfect / Past Perfect or the Present Perfect Continuous / Past Perfect Continuous Tenses:**

1. It is already 9:30 pm and I (wait) \_\_\_\_\_ here for over an hour to discuss our joint research project in cognitive psychology. If John does not get here in the next five minutes, I am going to leave.

2. I was really angry at John yesterday. By the time he finally arrived at the psychology lab, I (wait) \_\_\_\_\_ for over an hour. I almost started the experiment without him.
3. Did you hear that Ben was dismissed from the research institute last month? He (work) \_\_\_\_\_ for that neuroscience department for more than ten years, and he (work) \_\_\_\_\_ in almost every research group. Nobody understood the lab's methodology like he did.
4. I (see) \_\_\_\_\_ many diagrams of Pavlov's classical conditioning experiments before I attended the lecture. But theoretical illustrations are very misleading. The real laboratory setup is actually much simpler.
5. Sarah (conduct) \_\_\_\_\_ field research in social psychology, (publish) \_\_\_\_\_ several articles on cognitive development, and (present) \_\_\_\_\_ at international conferences. She is such a dedicated scholar.
6. When Melanie came into the office yesterday, her eyes were red and watery. I think she (cry) \_\_\_\_\_ after receiving the results of her research proposal review.

## 9. FUTURE TENSES AND DIFFERENT WAYS OF EXPRESSING FUTURE

### Future Simple

#### WILL + VERB

The Simple Future has two different forms in English, «will» and «be going to.» Although the two forms can sometimes be used interchangeably, they often express two very different meanings. These different meanings might seem too abstract at first, but with time and practice the differences will become clear. Both «will» and «be going to» refer to a specific time in the future.



I will help him later.

I will never help him.

**N. B.** When you are using a verb tense with more than one part such as Simple Future (will help), adverbs usually come between the first part and the second part (will never help).

### «Will» to Express a Voluntary Action

«Will» often suggests that a speaker will do something voluntarily. A voluntary action is one the speaker offers to do for someone else. Often we use «will» to respond to someone else's complaint or request for help.

A: I'm really hungry.

B: I'll make some sandwiches.

A: I'm so tired. I'm about to fall asleep.

B: I'll get you some coffee.

A: The phone is ringing.

B: I'll get it.

### «Will» to Express a Promise

I will call you when I arrive.

If I am elected President of the United States, I will make sure everyone has access to inexpensive health insurance.

I promise I will not tell him about the surprise party.

### N. B. No Future in Time Clauses

Like all future forms, the Simple Future cannot be used in clauses beginning with «when», «while», «before», «after», «by the time», «as soon as», «if» and «unless.» In this lesson, all verbs in Time Clauses are *italicized*.

When you arrive tonight, we will go out for dinner. **Correct**

When you will arrive tonight, we will go out for dinner. **Not Correct**

## Be Going To

AM / IS / ARE + GOING TO + VERB

«Be going to» expresses that something is a plan. It expresses the idea that a person intends to do something in the future.

He is going to spend his vacation in Hawaii.

We are going to meet each other tonight at 6:00 PM.

A: Who is going to make John's birthday cake.

B: Sue is going to make John's birthday cake.

## «Will» or «Be Going to» to Express a Prediction

Both «will» and «be going to» can express the idea of a general prediction about the future. When you are predicting what you think will happen in the future, you should choose the form based on how certain you are. If you're not too sure, it's fine to use «will», but if you're nearly certain about something, it's best to use «going to»:

I think it will rain - (I'm not sure, but it looks like it might.)

It's going to rain - (I'm sure it's going to rain -- I can see black clouds in the sky.)

The year 2026 will be a very interesting year.

The year 2026 is going to be a very interesting year.

John Smith will be the next President.

John Smith is going to be the next President.

## Future Continuous

WILL BE+ Ving

When your plane *arrives* tonight, I will be waiting for you.

### USAGE 1. Interrupted Action in the Future



Use the Future Continuous to indicate that a longer action in the future will be interrupted. The interruption is usually an action in the Simple Future. Remember this can be a real interruption or just an interruption in time.

I will be watching TV when she *arrives* tonight.

I will be waiting for you when your bus *arrives*.

While I *am working*, Steve will make dinner. (NOTICE «am working» because of «while.»)

I am going to be staying at the Madison Hotel, if anything *happens* and you need to contact me.

He will be studying at the library tonight, so he will not see Jennifer when she *arrives*.

### N.B. Future in Time Clauses

Like all future forms, the Future Continuous cannot be used in clauses beginning with «when», «while», «before», «after», «by the time», «as soon as», «if» and «unless». In this lesson, all verbs in Time Clauses are *italicized*.

While I *am finishing* my homework, she is going to make dinner. **Correct**

While I will be finishing my homework, she is going to make dinner. **Not Correct**

### USAGE 2. Specific Time as an Interruption



In USAGE 1, the Future Continuous is interrupted by an action in the Simple Future. However, you can also use a specific time as an interruption.

Tonight at 6 p.m., I am going to be eating dinner.

At midnight tonight, we will still be driving through the desert.

**N. B.** In the Simple Future a specific time is used to show the time an action will begin. In the Future Continuous, a specific time only interrupts the action.

Tonight at 6 p.m., I am going to eat dinner.

I am going to start eating at 6 p.m.

Tonight at 6 p.m., I am going to be eating dinner.

I am going to start earlier and I will be in the process of eating dinner at 6 p.m. .

### USAGE 3. Parallel Actions



When you use the Future Continuous with two actions in the same sentence, it expresses the idea that both actions will be happening at the same time. These are Parallel Actions.

I am going to be studying while he *is making dinner*.

While Ellen is reading, Tim will be watching television.

Tonight, they will be eating dinner, discussing their plans, and having a good time.

## USAGE 4. Atmosphere

In English we often use a series of Parallel Actions to describe atmosphere in the future.

When I arrive at the party everybody is going to be celebrating. Some will be dancing. Others are going to be talking. A few people will be eating pizza and several people are going to be drinking beer. They always do the same thing.

## N. B. Non-Continuous Verbs / Mixed Verbs

It is important to remember that Non-Continuous Verbs cannot be used in any «continuous» tenses. Also, certain «non-continuous» meanings for Mixed Verbs cannot be used in «continuous» tenses. To express the idea of Future Continuous with these verbs, you must use Simple Future.

Jane will be being at my house when you arrive. **Not Correct**

Jane will be at my house when you arrive. **Correct**

## Future Perfect

### WILL HAVE + PAST PARTICIPLE

I will have perfected my English by the time I *come* back from the U.S.

## USAGE 1. Completed Action Before Something in the Future



The Future Perfect expresses the idea that something will occur before another action in the future. It can also show that something will happen before a specific time in the future.

By next November, I will have received my promotion.

By the time he *gets* home, she is going to have cleaned the entire house.

## USAGE 2. Duration Before Something in the Future (Non-continuous Verbs)



With Non-continuous Verbs and some non-continuous uses of Mixed Verbs, we use the Future Perfect to show that something will continue up until another action in the future.

I will have been in London for six months by the time I *leave*.  
By Monday, Susan is going to have had my book for a week.

### N. B. No Future in Time Clauses

Like all future forms, the Future Perfect cannot be used in clauses beginning with «when,» «while,» «before,» «after,» «by the time,» «as soon as,» «if» and «unless». In this lesson, all verbs in Time Clauses are *italicized*.

I am going to see a movie when I have finished my homework. **Correct**

I am going to see a movie when I will have finished my homework. **Not Correct**

### Future Perfect Continuous

WILL HAVE BEEN + Ving

I will have been waiting for two hours when her plane finally *arrives*.

#### USAGE 1. Duration Before Something in the Future



We use the Future Perfect Continuous to show that something will continue up until a particular event or time in the future. «For five minutes,» «for two weeks» and «since Friday» are all durations which can be used with the Future Perfect Continuous. Notice that this is related to the Present Perfect Continuous and the Past Perfect Continuous, however the duration stops in the future.

They will have been talking for over an hour by the time Tony *arrives*.

She is going to have been working at that company for three years when it finally *closes*.

James will have been teaching at the University for more than a year by the time he *leaves* for Asia.

#### USAGE 2. Cause of Something in the Future

Using the Future Perfect Continuous before another action in the future is a good way to show cause and effect.

Jason will be tired when he *gets* home because he will have been jogging for over an hour.

Claudia's English will be perfect when she *returns* to Germany because she is going to have been studying English in the United States for over two years.

**N. B.** If you do not include a duration such as «for five minutes,» «for two weeks» or «since Friday», many English speakers choose to use the Future Continuous. There is also a difference in meaning. Compare the examples below.

I will be reading when my roommate *returns*.

The reading will be interrupted.

I will have been reading for an hour when my roommate *returns*.

The reading will stop just before my roommate returns.

### **N. B. No Future in Time Clauses**

Like all future forms, the Future Perfect Continuous cannot be used in clauses beginning with «when,» «while,» «before,» «after,» «by the time,» «as soon as,» «until,» «if» and «unless». In this lesson, all verbs in Time Clauses are *italicized*.

I won't tell the student the answer until he has been working on the math problem for more than an hour. **Correct**

I won't tell the student the answer until he will have been working on the math problem for more than an hour. **Not Correct**

### **Meanings of the Four Basic Forms to Express Future Actions in English**

«Will» and «going to» are used to talk about future time in English. However, we also use the present progressive («be» + ING) and the present simple tense. Here are the basic rules:

Form	Meaning / Usage	Example
«Will»	volunteering to do something deciding at the time of speaking to do something	Angelo: <i>I need a pencil.</i> Sarah: <i>I'll lend you mine.</i>
«Going to»	talking about something that is already decided	Angelo: <i>Have you registered for the class yet?</i> Sarah: <i>Not yet. I'm going to register tomorrow.</i>
<i>Present Continuous</i>	talking about something that is already arranged	Angelo: <i>Do you want to go to the movies tonight?</i>

		Sarah: <i>Sorry, I can't. I'm playing soccer.</i>
<i>Present simple</i>	talking about a schedule, timetable or program	Angelo: <i>What time does the next bus leave?</i> Sarah: <i>It leaves at six.</i>

### Tasks

#### 49. Put the verb into the more suitable form, Present Continuous or Present Simple:

1. I \_\_\_\_\_ (to go) to a lecture on cognitive psychology this evening.
2. \_\_\_\_\_ (the seminar / to begin) at 3.30 or 4.30?
3. We \_\_\_\_\_ (to have) a study group meeting next Saturday.  
Would you like to join us?
4. The psychology conference \_\_\_\_\_ (to open) on 3 May and \_\_\_\_\_ (to finish) on 15 July.
5. I \_\_\_\_\_ (not / to go) to the lab this evening. I \_\_\_\_\_ (to stay) at home to review articles.
6. «\_\_\_\_\_ (you / to do) anything tomorrow morning?» «No, I'm free. Why?»
7. We \_\_\_\_\_ (to go) to a guest lecture on developmental psychology tonight. It \_\_\_\_\_ (to begin) at 7.30.
8. You are on the train to a psychology symposium in London and you ask another passenger: "Excuse me. What time \_\_\_\_\_ (this train / to get) to London?"
9. You are talking to Ann: "Ann, I \_\_\_\_\_ (to go) to the university library. \_\_\_\_\_ (you / to come) with me?"
10. Sue \_\_\_\_\_ (to come) to work on our joint research project tomorrow. She \_\_\_\_\_ (to travel) by train and her train \_\_\_\_\_ (to arrive) at 10.15. I \_\_\_\_\_ (to meet) her at the station.
12. I \_\_\_\_\_ (not / to use) the lab computer this evening, so you can have it.
13. You and a friend are watching an online lecture. You say: "I'm bored with this speaker. When \_\_\_\_\_ (it / to finish)?"

#### 50. Insert the verbs in the Simple Present or Simple Future Tense:

1. Today after I (get) \_\_\_\_\_ out of my psychology class, I (go) \_\_\_\_\_ to a cognitive neuroscience seminar with some classmates.

2. When you (arrive) \_\_\_\_\_ at the psychology conference in Stockholm, call my colleague Gustav. He (show) \_\_\_\_\_ you around the research center and help you get oriented.
3. A: Do you know what you want to do after you (graduate) \_\_\_\_\_ from the psychology program?  
B: After I (receive) \_\_\_\_\_ my Master's in clinical psychology, I (go) \_\_\_\_\_ to graduate school at UCSD. I (plan) \_\_\_\_\_ to complete a Ph.D. in cognitive science.
4. If it (snow) \_\_\_\_\_ this weekend, we (go) \_\_\_\_\_ to the university's field station to conduct perception-in-snow-conditions experiments.
5. Your supervisor (plan) \_\_\_\_\_ to meet you today at 3:00 to discuss your research proposal. He (meet) \_\_\_\_\_ you in his office. If something happens and he cannot be there, I (review) \_\_\_\_\_ the proposal with you instead.
6. If people (stop, not) \_\_\_\_\_ spreading misinformation about psychological research, we (experience) \_\_\_\_\_ major improvements in public mental-health awareness during the next decade.
7. If Vera (keep) \_\_\_\_\_ ignoring ethical guidelines in her experiments, she (lose, eventually) \_\_\_\_\_ her research license.
8. I promise you that I (tell, not) \_\_\_\_\_ your confidential test results to anybody. Even if somebody (ask) \_\_\_\_\_ me about your assessment, I (reveal, not) \_\_\_\_\_ any details.
9. She (make) \_\_\_\_\_ some major changes in her academic life. She (quit) \_\_\_\_\_ her lab assistant job and \_\_\_\_\_ (go back) to graduate school. After she (finish) \_\_\_\_\_ her degree, she (get) \_\_\_\_\_ a better research position and start her own project. She is going to advance her career!
10. Tom (call) \_\_\_\_\_ you when he (arrive) \_\_\_\_\_ at the psychology faculty in Madrid. He (stay) \_\_\_\_\_ with you for two or three days until his research office (be) \_\_\_\_\_ available.

**52. Fill the gaps with the verb in brackets using either “will” or “going to” form of the future tense:**

1. A: Why are you holding a piece of paper?

B: I (write) \_\_\_\_\_ a letter to my friends back home in Texas.

2. A: I'm about to fall asleep. I need to wake up!

B: I (get) \_\_\_\_\_ you a cup of coffee. That will wake you up.

3. A: I can't hear the television!

B: I (turn) \_\_\_\_\_ it up so you can hear it.

4. We are so excited about our trip next month to France. We (visit) \_\_\_\_\_ Paris, Nice and Grenoble.

5. Sarah (come) \_\_\_\_\_ to the party. Oliver (be) \_\_\_\_\_ there as well.

6. A: It is so hot in here!

B: I (turn) \_\_\_\_\_ the air conditioning on.

7. I think he (be) \_\_\_\_\_ the next President of the United States.

8. After I graduate, I (attend) \_\_\_\_\_ medical school and become a doctor. I have wanted to be a doctor all my life.

9. A: Excuse me, I need to talk to someone about our hotel room. I am afraid it is simply too small for four people.

B: That man at the service counter (help) \_\_\_\_\_ you.

10. As soon as the weather clears up, we (walk) \_\_\_\_\_ down to the beach and go swimming.

11. Look at that big black cloud. I think it \_\_\_\_\_. (rain)

12. Sally: What are your plans for the weekend?

Betty: Brad Pitt phoned. We \_\_\_\_\_ on a picnic. (go)

13. Betty: Have you booked the flights yet?

Sally: Don't worry. It's all organized. I \_\_\_\_\_ to the travel agent's tomorrow morning. (go)

14. Mark: What are you doing with those scissors?

Beth: I \_\_\_\_\_ (cut) that picture of the ocean out of the travel magazine.

Mark: What (you, do) with it?

Beth: I \_\_\_\_\_ (paint) a water color of the ocean for my art class, and I thought I could use this photograph as a model.

15. Mark: (You, do) \_\_\_\_\_ me a favor Sam?

Sam: Sure, what do you want me to do?

Mark: I (change) \_\_\_\_\_ the broken light bulb in the lamp above the dining room table. I need someone to hold the ladder for me while I am up there.

Sam: No problem, I (hold) \_\_\_\_\_ it for you.

16. Gina: Where are you going?

Ted: I (go) \_\_\_\_\_ to the store to pick up some groceries.

Gina: What (you, get) \_\_\_\_\_?

Ted: I (buy) \_\_\_\_\_ some milk, some bread, and some coffee.

17. John: Wow, it's freezing out there.

Jane: I (make) \_\_\_\_\_ some coffee to warm us up. Do you want a piece of pie as well?

John: Coffee sounds great! But I (have) \_\_\_\_\_ dinner with some friends later, so I'd better skip the pie.

Jane: I (go) \_\_\_\_\_ to dinner tonight too, but I'm having a piece of pie anyway.

18. Frank: I heard you're taking a Spanish class at the community college.

Tom: Yeah, I (go) \_\_\_\_\_ to Guatemala next spring and I thought knowing a little Spanish would make the trip easier.

Frank: I (visit) \_\_\_\_\_ my brother in Marseilles next year. Maybe I should take a French class.

Tom: I have a course catalogue in the other room. I (go) \_\_\_\_\_ get it, and we can see whether or not they're offering a French course next semester.

**53. Use the verbs in brackets in the Simple Present / Simple Future or Present Continuous / Future Continuous Tenses:**

1. Tomorrow after classes, I (go) \_\_\_\_\_ to the university psychology lab.

2. Right now, I am watching a documentary on cognitive biases. Tomorrow at this time, I (watch) \_\_\_\_\_ another psychology lecture as well.

3. I am going on a business trip to a cognitive neuroscience conference. While you (analyze) \_\_\_\_\_ data and (talk) \_\_\_\_\_ to participants during interviews, I (listen) \_\_\_\_\_ to keynote speakers about brain-plasticity research. Are you jealous?

4. We (hide) \_\_\_\_\_ in the seminar room when Professor Tony (arrive) \_\_\_\_\_ for his surprise award celebration. As soon

- as he \_\_\_\_\_ (open) the door, we (jump) \_\_\_\_\_  
out and (shout) \_\_\_\_\_ “Congratulations!”
5. We study at the psychology resource center every day after class. If you (come) \_\_\_\_\_ over while we (work) \_\_\_\_\_ on our experiments, we won't be able to let you into the lab. Just to be safe, we (leave) \_\_\_\_\_ an access card at the front desk so you won't have to wait.
  6. While you (study) \_\_\_\_\_ at home, Magda (be) \_\_\_\_\_ in her developmental psychology lecture.
  7. When I (get) \_\_\_\_\_ to the psychology student conference, Sally and Doug (discuss) \_\_\_\_\_ attachment theory, John (prepare) \_\_\_\_\_ presentation slides, Sue and Frank (debate) \_\_\_\_\_ some experimental method, and Mary (complain) \_\_\_\_\_ about the schedule. They are always doing the same things. They are so predictable.
  8. When you (get) \_\_\_\_\_ off the plane, I (wait) \_\_\_\_\_ for you at the psychology department welcome desk.
  9. I am tired of stress and deadlines! Hopefully, when we (wake) \_\_\_\_\_ up tomorrow morning, the sun (shine) \_\_\_\_\_ and we can finally collect data outside.
  10. If you (need) \_\_\_\_\_ to contact me sometime next week, I (stay) \_\_\_\_\_ at the Sheraton near the university research facilities in San Francisco.

**54. Use the verbs in brackets in Future Perfect or Future Perfect Continuous:**

1. By the time we get to Chicago this evening, we (drive) \_\_\_\_\_ more than four hundred miles. We are going to be exhausted.
2. When Sarah goes on vacation next month, she (study) \_\_\_\_\_ German for over two years. She should be able to communicate fairly well while she is in Austria.
3. I have not traveled much yet; however, I (visit) \_\_\_\_\_ the Grand Canyon and San Francisco by the time I leave the United States.
4. By the time you finish studying the verb tense tutorial, you (master) \_\_\_\_\_ all twelve tenses including their passive forms.
5. Drive faster! If you don't hurry up, she (have) \_\_\_\_\_ the baby by the time we get to the hospital.

6. I came to England six months ago. I started my economics course three months ago. When I return to Australia, I (study) \_\_\_\_\_ for nine months and I (be) \_\_\_\_\_ in England for exactly one year.
7. Margie just called and said she would be here at 8:00 o'clock. By the time she gets here, we (wait) \_\_\_\_\_ for her for two hours.
8. Frank just changed jobs again. If he keeps this up, he (change) \_\_\_\_\_ jobs at least four or five times by the end of the year.
9. Come over to my house around 9 o'clock. By then, I (complete) \_\_\_\_\_ my essay and we can go see a movie.
10. In June, my grandparents (be) \_\_\_\_\_ married for fifty years.
11. Jack: Have you been watching the Eco-Challenge on TV?  
Janet: Isn't that exciting? It's got to be the most unbelievably difficult sporting event in the world.  
Jack: I know. By the time they finish the course, they (raft) \_\_\_\_\_ more than 150 miles down a raging river, (hike) \_\_\_\_\_ through 80 miles of jungle, (climb) \_\_\_\_\_ a volcano and (kayak) \_\_\_\_\_ through shark-infested waters.  
Janet: And don't forget that they (move) \_\_\_\_\_ for at least eight days straight.
12. Oliver: When are you going to get your bachelor's degree, Anne?  
Anne: I am going to finish my degree next June. By the time I graduate, I (go) \_\_\_\_\_ to four different colleges and universities, and I (study) \_\_\_\_\_ for more than seven years.  
Oliver: Wow, that's a long time!  
Anne: And I plan to continue to get a Ph.D.  
Oliver: Really? How long is that going to take?  
Anne: By the time I finally finish studying, I (be) \_\_\_\_\_ a student for over 13 years.
13. Max: Sarah has been in the kitchen all day long.  
Jake: It doesn't sound like she's having a very good Thanksgiving.  
Max: She (cook) \_\_\_\_\_ for over seven hours by the time everyone arrives for dinner this afternoon. Hopefully, she (finish) \_\_\_\_\_ everything by then.  
Jake: Maybe we should help her out.
14. Mike: It's 6:00, and I have been working on my essay for over three hours.  
Sid: Do you think you (finish) \_\_\_\_\_ by 10:00. There's a party at Donna's tonight.

Mike: I (complete, probably) \_\_\_\_\_ the essay by 10:00, but I (work) \_\_\_\_\_ on it for more than seven hours and I don't think I am going to feel like going to a party.

Fred: By the time they finish their trip across Yosemite National Park, they (hike) \_\_\_\_\_ for more than six days.

Ginger: And they (be, not) \_\_\_\_\_ in a bed or (have) \_\_\_\_\_ a shower in almost a week!

Fred: When we pick them up, they (eat) \_\_\_\_\_ camping food for days, and I am sure they will be starving.

Ginger: I think we had better plan on taking them directly to a restaurant.

15. Jane: I can't believe how late we are! By the time we get to dinner, everyone (finish, already) \_\_\_\_\_ eating.

Jack: It's your own fault. You took way too long in the bathroom.

Jane: I couldn't get my hair to look right.

Jack: Who cares? By the time we get there, everyone (leave) \_\_\_\_\_ . Nobody (see, even) \_\_\_\_\_ your hair.

**55. Put the verb into the correct form: "will be doing" (Future Continuous) or "will have done" (Future Perfect) or "will have been doing" (Future Perfect Continuous):**

- Don't phone me between 7 and 8. We \_\_\_\_\_ (have) dinner then.  
Phone me after 8 o'clock. We \_\_\_\_\_ (finish) dinner by then.
- Tomorrow afternoon we're going to play tennis from 3 o'clock until 4.30. So at 4 o'clock, we \_\_\_\_\_ (play) tennis.
- A: Can we meet tomorrow afternoon?  
B: Not in the afternoon. I \_\_\_\_\_ (work).
- B has to go to a meeting which begins at 10 o'clock. It will last about an hour.  
A: Will you be free at 11.30?  
B: Yes, the meeting \_\_\_\_\_ (finish) by that time.
- Tom is on holiday and he is spending his money very quickly. If he continues like this, he \_\_\_\_\_ (spend) all his money before the end of his holiday.
- Chuck came to Britain the USA nearly three years ago. Next Monday it will be exactly three years. So on Monday, he \_\_\_\_\_ (be) in Britain for exactly three years.

7. Do you think you \_\_\_\_\_ (still / do) the same job in ten years' time?
8. Jane is from New Zealand. She is travelling around Europe at the moment. So far she has travelled about 1000 miles. By the end of the trip, she \_\_\_\_\_ (travel) more than 3000 miles.
9. If you need to contact me, I \_\_\_\_\_ (stay) at the Lion Hotel until Friday.
10. Simona: Margaret is really going to speak Spanish well when she gets back from that language school in Mexico?  
 Isabelle: Hopefully! She \_\_\_\_\_ (take) classes for more than six months.  
 Simona: She is going to be able to speak Spanish with some of our Latin American clients.  
 Isabelle: Good. Two clients from Peru \_\_\_\_\_ (visit) us next month when Margaret returns. We need someone to entertain them while they are here.
11. Jason: I am leaving!  
 Nurse: If you would please wait, the doctor will be with you in ten minutes. The doctor is having some problems with a patient.  
 Jason: The doctor was having problems with that patient an hour ago. If I wait another ten minutes, I am sure he \_\_\_\_\_ (have, still) problems with her. By the time he's finally ready to see me, I \_\_\_\_\_ (wait) for more than two hours.
12. Frank: What are you going to be doing tomorrow at five?  
 Debbie: I \_\_\_\_\_ (paint) painting my living room walls.  
 Frank: Still? How long have you been working on your living room.  
 Debbie: Forever. By the time I finish, I \_\_\_\_\_ (redecorate) the living room for over a week.  
 Frank: Too bad. I was going to ask go if you wanted to see a movie. What about tomorrow?  
 Debbie: Sorry, I \_\_\_\_\_ (move) furniture and (put) up drapes.
13. Mr. Jones: What are you going to be doing next year at this time?  
 Mr. McIntyre: I \_\_\_\_\_ (work) for a big law firm in New Orleans.  
 Mr. Jones: I didn't know you were leaving Baton Rouge.

Mr. McIntyre: I got a great job offer which I just can't refuse. Besides, by the time I move, I \_\_\_\_\_ (live) in Baton Rouge for over twenty years. I think it's about time for a change.

**56. Put the verb into the correct form: Future Indefinite or Future Continuous:**

1. Sandra: Where is Tim going to meet us?

Marcus: He (wait) \_\_\_\_\_ for us when our train arrives. I am sure he (stand) \_\_\_\_\_ on the platform when we pull into the station.

Sandra: And then what?

Marcus: We (pick) \_\_\_\_\_ Michele up at work and go out to dinner.

2. Ted: When we get to the party, Jerry (watch) \_\_\_\_\_ TV, Sam (make) \_\_\_\_\_ drinks, Beth (dance) \_\_\_\_\_ by herself, and Thad (complain) \_\_\_\_\_ about his day at work.

Robin: Maybe, this time they won't be doing the same things.

Ted: I am absolutely positive they (do) \_\_\_\_\_ the same things; they always do the same things.

3. Florence: Oh, look at that mountain of dirty dishes! Who (wash) \_\_\_\_\_ all of those?

Jack: I promise I (do) \_\_\_\_\_ them when I get home from work.

Florence: Thanks.

Jack: When you get home this evening, that mountain will be gone and nice stacks of sparkling clean dishes (sit) \_\_\_\_\_ in the cabinets.

4. Doug: If you need to contact me next week, I (stay) \_\_\_\_\_ at the Hoffman Hotel.

Nancy: I (call) \_\_\_\_\_ you if there are any problems.

Doug: This is the first time I have ever been away from the kids.

Nancy: Don't worry, they (be) \_\_\_\_\_ fine.

5. Samantha: Just think, next week at this time, I (lie) \_\_\_\_\_ on a tropical beach in Maui drinking Mai Tai's and eating pineapple.

Darren: While you are luxuriating on the beach, I (stress) \_\_\_\_\_ out over this marketing project. How are you going to enjoy yourself knowing that I am working so hard?

Samantha: I'll manage somehow.

Darren: You're terrible. Can't you take me with you?

Samantha: No. But I (send) \_\_\_\_\_ you a postcard of a beautiful, white-sand beach.

Darren: Great, that (make) \_\_\_\_\_ me feel much better.

6. Judy: How long have you been in Miami?

Elaine: I have only been here for a couple of weeks.

Judy: How long do you plan on staying?

Elaine: I love Miami, so I (stay) \_\_\_\_\_ here for an extended period of time. When I go back home, I (be) \_\_\_\_\_ here for more than three months.

Judy: Wow, that's quite a vacation! You (see, definitely) \_\_\_\_\_ just about everything there is to see in Miami by then.

7. Nick: I just have two more courses before I graduate from university. By this time next year, I (graduate) \_\_\_\_\_ and I will already be looking for a job.

Stacey: Does that scare you? Are you worried about the future?

Nick: Not really. I (go) \_\_\_\_\_ to a career counselor and get some advice on how to find a good job.

Stacey: That's a good idea.

Nick: I am also going to do an internship so that when I leave school, I (complete, not, only) \_\_\_\_\_ over 13 business courses, but I (work, also) \_\_\_\_\_ in the real world.

8. Margaret: Do you think everything will be finished when I get back from the store?

Jerry: Don't worry. By the time you get back, I (pick) \_\_\_\_\_ up the living room and (finish) \_\_\_\_\_ washing the dishes. Everything will be perfect when your parents arrive.

Margaret: I hope so. They (arrive) \_\_\_\_\_ around 6 o'clock.

Jerry: Everything (be) \_\_\_\_\_ spotless by the time they get here.

9. Stan: Did you hear that Christine (take) \_\_\_\_\_ a vacation in South America this winter?

Fred: I can't believe how often she goes abroad. Where exactly does she want to go?

Stan: She (visit) \_\_\_\_\_ Peru, Bolivia and Ecuador.

Fred: At this rate, she (visit) \_\_\_\_\_ every country in the world by the time she's 50.

**57. Complete these sentences using the verbs in brackets. All the sentences are about the future. Use "will / won't" or Present Simple.**

1. I \_\_\_\_\_ (to phone) you when I \_\_\_\_\_ (to get) back from my psychology seminar.
2. I want to talk to Margaret before she \_\_\_\_\_ (to go) to her counselling practicum.
3. We're presenting at the psychology conference tomorrow. I \_\_\_\_\_ (to tell) you all about it when we \_\_\_\_\_ (to come) back.
4. Brian looks very different now after his research year abroad. When you \_\_\_\_\_ (to see) him again, you \_\_\_\_\_ (not / to recognize) him.
5. We must revise the experiment design soon before it \_\_\_\_\_ (to be) too late to submit it.
6. I don't want to start the study without you. I \_\_\_\_\_ (to wait) until you \_\_\_\_\_ (to be) ready.
7. Sue has applied for a research assistant position, but she isn't very experienced. I \_\_\_\_\_ (to be) surprised if she \_\_\_\_\_ (to get) it.
8. I'd like to run the field study tomorrow if the weather \_\_\_\_\_ (to be) good.
9. I'm going to the library now. If anybody \_\_\_\_\_ (to phone) while I \_\_\_\_\_ (to be) out, can you take a message?

### 10. ALL VERB TENSE-ASPECT FORMS

**58. Put the verbs in the required tenses.**

1. She came in and turned off the TV. My favorite program \_\_\_\_\_ (just, to begin, Past perfect simple).
2. \_\_\_\_\_ (you, not realize, simple present) that we \_\_\_\_\_ (to accomplish) something extraordinary?
3. We \_\_\_\_\_ (to wait, present perfect continuous) for this opportunity for more than 10 years.

4. They gently \_\_\_\_\_ (to lay, simple past) down the lifeless body on the cold stone.
5. I \_\_\_\_\_ (to hear, simple past) it on the radio while I \_\_\_\_\_ (to have dinner, past continuous) with my family.
6. \_\_\_\_\_ (you, not consider, simple present) going to the police?
7. By the end of this week, we \_\_\_\_\_ (to work, future continuous) on this project for more than 6 weeks.
8. At 3 pm tomorrow I \_\_\_\_\_ (to work, future continuous) in the garden. I \_\_\_\_\_ (to mow, future continuous) the lawn.
9. \_\_\_\_\_ (you, to meet, simple past) anybody interesting at the party?
10. If I \_\_\_\_\_ (to know, past perfect simple) that things were going to turn out the way they did, I would never have joined the company.
11. We \_\_\_\_\_ (to show, present perfect simple) our shareholders that we can outperform the market.
12. \_\_\_\_\_ (you, already to ring, present perfect simple) Mr. Peters to sort out that problem with the delivery?
13. I \_\_\_\_\_ (to try, present perfect continuous) all morning. I \_\_\_\_\_ (just, to hang up, past perfect simple) when the door \_\_\_\_\_ (to burst, simple past) open and Mr. Peters himself \_\_\_\_\_ (to walk, simple past) into the room.
14. He said that his company \_\_\_\_\_ (to hit, past perfect simple, passive) hard by the fact that we \_\_\_\_\_ (not deliver, past perfect simple) on time.
15. \_\_\_\_\_ (he not know, simple past) that we \_\_\_\_\_ (to deal with, past perfect continuous) with a go-slow for more than 2 weeks?

**60. Agree the verbs given in brackets with the subjects:**

The use of vitamin supplements and herbs (be) \_\_\_\_\_ becoming increasingly popular among Americans. While many studies claim that vitamins and herbs can improve health, there (be) \_\_\_\_\_ a lot of controversy about their safety.

The Food and Drug Administration (FDA) (do) \_\_\_\_\_ not regulate vitamins and herbs. Most experts (believe) \_\_\_\_\_ that herbal supplements are mild and somewhat harmless. Still, anyone who (take) \_\_\_\_\_ too much of a vitamin or herb could suffer negative side effects. For example, some

medical problems (have) \_\_\_\_\_ been linked to overuse of ephedra, an herb taken by people to lose weight.

Some research (suggest) \_\_\_\_\_ that Vitamin C may help prevent cancer. People who (take) \_\_\_\_\_ more than 1,000 milligrams of vitamin C daily may experience diarrhoea or kidney stones.

Advertisers say that the herb «kava kava» (reduce) \_\_\_\_\_ anxiety and insomnia. Using large amounts of kava kava (be) \_\_\_\_\_ not wise as muscle, eye or skin problems could result.

The danger of long-term use of vitamins and herbs (be) \_\_\_\_\_ still unknown. There (be) \_\_\_\_\_ a lot of evidence that vitamin-rich foods are beneficial.

However, whether the use of supplements (be) \_\_\_\_\_ helpful or not is still being debated. Most people (be) \_\_\_\_\_ able to get all the vitamins they need in the foods they eat.

A daily diet that (contain) \_\_\_\_\_ foods from the 4 groups should supply all the nutrients a person needs. Eating 5 servings of fruits and vegetables daily (be) \_\_\_\_\_ said to provide all the essential vitamins we require. The best way to get the necessary vitamins and minerals (be) \_\_\_\_\_ naturally, through a healthy diet.

**61. Put the verb in brackets into the correct form:**

1. The researcher \_\_\_\_\_ (to go) to the lab when an unexpected technical issue \_\_\_\_\_ (to occur).
2. By this time next year, you \_\_\_\_\_ (to complete) your degree in Clinical Psychology.
3. He \_\_\_\_\_ (to become) a licensed therapist now.
4. They \_\_\_\_\_ (to analyze) behavioral data when the system \_\_\_\_\_ (to crash).
5. Although the results \_\_\_\_\_ (to be) promising during the last few trials, the overall experiment is not conclusive.
6. When I \_\_\_\_\_ (to arrive) at the conference, I \_\_\_\_\_ (to discover) that the keynote lecture had started a few minutes before.
7. She generally \_\_\_\_\_ (to explain) psychological concepts very clearly, but today she \_\_\_\_\_ (to struggle) with the complex theory.

8. All last week he \_\_\_\_\_ (to prepare) for his neuropsychology exam.
9. That professor \_\_\_\_\_ (to teach) cognitive science at this university since 2005.
10. Memory \_\_\_\_\_ (to consolidate) when the brain \_\_\_\_\_ (to enter) deep sleep stages.
11. We \_\_\_\_\_ (to meet) your supervisor a week ago, but we \_\_\_\_\_ (not to speak) with him since then.
12. It \_\_\_\_\_ (to rain) every day since we \_\_\_\_\_ (to arrive) at the research camp.
13. When we \_\_\_\_\_ (to reach) the seminar hall, we \_\_\_\_\_ (to find) that a group of students \_\_\_\_\_ (to occupy) the seats we (to reserve) for our team.
14. Kindly repeat what you just \_\_\_\_\_ (to mention) about emotional intelligence.
15. I only \_\_\_\_\_ (to succeed) in interpreting the data after I \_\_\_\_\_ (to work) on it for several hours.
16. He reminded me that we \_\_\_\_\_ (to be) classmates in the psychology department.
17. My colleague \_\_\_\_\_ (to remain) in Berlin till the end of the research project. By that time, he \_\_\_\_\_ (to recover) from the stress he \_\_\_\_\_ (to experience) during the initial phase.
18. I \_\_\_\_\_ (to hear) that you \_\_\_\_\_ (to give) up the idea of specializing in forensic psychology.
19. Up to now I \_\_\_\_\_ (not to receive) any feedback from the ethics committee.
20. She \_\_\_\_\_ (to work) as a clinical psychologist since 2010.
21. Come to my office as soon as you \_\_\_\_\_ (to return) from the lecture.
22. I \_\_\_\_\_ (to know) her ever since we \_\_\_\_\_ (to attend) the same psychology course.
23. I \_\_\_\_\_ (to submit) the research proposal as soon as the department \_\_\_\_\_ (to open).
24. He said he \_\_\_\_\_ (to finish) the case study by midnight yesterday.
25. By the time she is thirty, she \_\_\_\_\_ (to become) a leading expert in child psychology.

26. He \_\_\_\_\_ (to shrug) his shoulders, \_\_\_\_\_ (to shake) his head, but \_\_\_\_\_ (to say) nothing about the hypothesis.
27. Dr. Brown \_\_\_\_\_ (to go) to Paris last summer and \_\_\_\_\_ (to work) there since then on a cross-cultural study.
28. When I get back, they probably \_\_\_\_\_ (to discuss) the results of the experiment.
29. She very much wanted to attend the seminar as she \_\_\_\_\_ (never, to be) there before.
30. If you \_\_\_\_\_ (to promise) not to share this, I \_\_\_\_\_ (to tell) the details of the psychological test.
31. Where \_\_\_\_\_ you \_\_\_\_\_ (to go)? I \_\_\_\_\_ (to go) to have tea with Professor Hopkins.
32. The assistant \_\_\_\_\_ (to write) notes when the participants \_\_\_\_\_ (to enter) the lab.
33. When he returned to his office he \_\_\_\_\_ (to find) a message that someone \_\_\_\_\_ (to call) during his absence.
34. I \_\_\_\_\_ (not to see) him since he came back from the cognitive science conference.
35. When Carol \_\_\_\_\_ (to call) last night, I \_\_\_\_\_ (to review) my research paper.
36. I \_\_\_\_\_ (to work) in this department for more than ten years, and I intend to stay until I \_\_\_\_\_ (to retire)!
37. Sharon \_\_\_\_\_ (love) to study human behavior. She \_\_\_\_\_ (to attend) international conferences almost every summer. Next year, she \_\_\_\_\_ (to plan) to present her research in Peru.
38. Thomas is an author. He \_\_\_\_\_ (to write) books on psychology and mental health. He \_\_\_\_\_ (to write) since he was twenty-five. Altogether, he \_\_\_\_\_ (to publish) seven books and several articles.
39. We were late because we had some technical issues. By the time we \_\_\_\_\_ (to get) to the lab, Susan \_\_\_\_\_ (to wait) for us for more than two hours.
40. Sam \_\_\_\_\_ (to try) to adjust the EEG machine when he \_\_\_\_\_ (to slip) and \_\_\_\_\_ (to fall).
41. Every day I \_\_\_\_\_ (to wake) up at 6 o'clock, \_\_\_\_\_ (to eat) breakfast at 7 o'clock and \_\_\_\_\_ (to leave) for the university at 8 o'clock. However, this morning I \_\_\_\_\_ (to get) up at 6:30, \_\_\_\_\_ (to skip) breakfast and (leave) late because I \_\_\_\_\_ (to forget) to set my alarm.

42. Right now, Jim \_\_\_\_\_ (to read) a psychology journal and Kathy \_\_\_\_\_ (to prepare) dinner. Last night at this time, they \_\_\_\_\_ (to do) the same thing. She \_\_\_\_\_ (to cook) and he \_\_\_\_\_ (to read). Tomorrow at this time, they \_\_\_\_\_ (to do) also the same thing. She \_\_\_\_\_ (to prepare) dinner and he \_\_\_\_\_ (to read). They are very predictable people!
43. You look really great! \_\_\_\_\_ you \_\_\_\_ (to exercise) at the fitness center?
44. A: What \_\_\_\_\_ you \_\_\_\_\_ (to do) when the accident occurred?  
B: I (to try) to adjust the projector for the lecture.
45. I \_\_\_\_\_ (to have) the same research topic for more than two years. I \_\_\_\_\_ (to think) about changing it.
46. If it \_\_\_\_\_ (to snow) this weekend, we \_\_\_\_\_ (to go) skiing near Lake Tahoe.
47. I \_\_\_\_\_ (to come) to England six months ago. I \_\_\_\_\_ (to start) my psychology course three months ago. When I return to Australia, I \_\_\_\_\_ (to study) for nine months and I \_\_\_\_\_ (to be) in England for exactly one year.
48. Sam \_\_\_\_\_ (to arrive) at the psychology conference a week ago.
49. Samantha \_\_\_\_\_ (to live) in Berlin for more than two years. In fact, she \_\_\_\_\_ (to live) there when the Berlin wall came down.
50. If Vera \_\_\_\_\_ (to keep) ignoring stress management, she \_\_\_\_\_ (to lose, eventually) her job.
51. The Maya developed a complex understanding of human rituals; however, their culture \_\_\_\_\_ (to disappear, virtually) by the time Europeans first \_\_\_\_\_ (to arrive) in the New World.
52. Shhhhh! Be quiet! John \_\_\_\_\_ (to analyze) the data.
53. It \_\_\_\_\_ (to rain) all week. I hope it stops by Saturday because I \_\_\_\_\_ (to want) to go hiking.
54. Listen Donna, I don't care if you \_\_\_\_\_ (to miss) the bus this morning. You \_\_\_\_\_ (to be) late to the lab too many times. You are dismissed!
55. I am sick of rain and bad weather! Hopefully, when we \_\_\_\_\_ (to wake) up tomorrow morning, the sun \_\_\_\_\_ (to shine).
56. I have not traveled much yet; however, I \_\_\_\_\_ (to visit) the Grand Canyon and San Francisco by the time I leave the United States.
57. I \_\_\_\_\_ (to see) many diagrams of the brain before I attended the neuropsychology lecture.

58. In the last hundred years, psychological research \_\_\_\_\_ (to become) much more advanced. In the 19th century, it \_\_\_\_\_ (to take) decades to develop theories. Things \_\_\_\_\_ (to change) a great deal in the last century.
60. When I \_\_\_\_\_ (to arrive) home last night, I discovered that Jane \_\_\_\_\_ (to prepare) a presentation on emotional intelligence.
61. If you \_\_\_\_\_ (to need) to contact me sometime next week, I \_\_\_\_\_ (to stay) at the Sheraton in San Francisco.
62. By this time next summer, you \_\_\_\_\_ (to complete) your thesis and \_\_\_\_\_ (to find) a job. I, on the other hand, \_\_\_\_\_ (not to accomplish) anything. I \_\_\_\_\_ (to study) still and you \_\_\_\_\_ (to work) in some new high paying job.

**61. Insert the following verbs in the Present Continuous, the Simple Past Present Perfect Continuous or the Past Perfect Continuous Tenses:**

My understanding of psychology is really getting better. I \_\_\_\_\_ (to try) to study human behavior since 2015, but only recently have I been able to make some real progress. By the time I started university in 2018, I (to study) \_\_\_\_\_ psychological theories for almost three years; however, I was only able to explain basic concepts and recall a few memorized definitions.

For a couple more years, I (to struggle) \_\_\_\_\_ through cognitive and behavioral models, which made absolutely no difference. Nothing worked, so I decided to attend an international psychology conference.

I found a research program in England that sounded like the perfect answer. I (to stay) \_\_\_\_\_ with a host family for one month. It was a huge disappointment! I (to sit) \_\_\_\_\_ there the whole time listening to lectures and hoping that there would be some breakthrough. Nothing.

When I returned, I mentioned to a colleague that I (to have) \_\_\_\_\_ difficulties with applied psychology for years. He recommended that I spend a year in a research lab abroad. I decided to go again. I (to research) \_\_\_\_\_ programs for a couple of weeks and finally decided on a university in the United States.

Well, it worked. I (to live) \_\_\_\_\_ and (to study) \_\_\_\_\_ psychology in the U.S. for more than two years. I (to stay) \_\_\_\_\_ here for at least another year before I return home. By then, I should be completely confident in my field.

**62. Put the verb in brackets in the necessary past or present tense form:**

Lars: Excuse me, which lecture are you waiting for?

Tony: We (to wait) \_\_\_\_\_ for the new Cognitive Behavioral Therapy seminar. In fact, we (to wait) \_\_\_\_\_ here for more than five hours.

Lars: Five hours? When did you arrive?

Tony: We (to get) \_\_\_\_\_ here at 6:00 o'clock this morning. More than forty people (to stand, already) \_\_\_\_\_ here waiting for seats when we arrived.

Lars: I can't believe that! Are you serious?

Tony: Yeah, people (to take) \_\_\_\_\_ psychology conferences seriously. In fact, this particular session has been fully booked for over a week. We (to wait, just) \_\_\_\_\_ in line to get a good seat in the hall.

Lars: When did you register?

Tony: I (to register) \_\_\_\_\_ last week online. I (to know) \_\_\_\_\_ seats would be hard to get because I (hear) \_\_\_\_\_ on the news that a group of researchers in Los Angeles (to wait) \_\_\_\_\_ in line for almost a month to attend a similar event.

Lars: I don't believe that!

Tony: It's true. They (to camp) \_\_\_\_\_ out in front of the conference center in Los Angeles for about a month because they (to want) \_\_\_\_\_ to be the first people to hear the keynote speaker.

**63. Fill in the blanks with the verbs in brackets in the required tense-aspect form:**

**A Day in the Life of a Psychologist**

Dr. Lane is a clinical psychologist who specializes in anxiety disorders. She usually \_\_\_\_\_ (1. start) her day by reviewing case notes, but this week she \_\_\_\_\_ (2. run) a short-term group therapy program, so her mornings \_\_\_\_\_ (3. be) busier than usual.

At 8:30 a.m., she checks her email and sees that one client \_\_\_\_\_ (4. cancel) today's session—apparently, he \_\_\_\_\_ (5. feel) unwell since last night. By 9:00, she \_\_\_\_\_ (6. already / prepare) the materials for a psychoeducation module on cognitive distortions. She \_\_\_\_\_ (7. use) these handouts for years, but she \_\_\_\_\_ (8. recently / update) them to include new examples related to social media anxiety.

When the group \_\_\_\_\_ (9. arrive), Dr. Lane \_\_\_\_\_ (10. be) ready. For the first 20 minutes, they

\_\_\_\_\_ (11. discuss) how avoidance can maintain anxiety; some participants \_\_\_\_\_ (12. share) how they \_\_\_\_\_ (13. avoid) difficult conversations for months. One student \_\_\_\_\_ (14. admit) that she \_\_\_\_\_ (15. have / panic attacks) twice this semester while preparing for exams.

At 11:00, while the group \_\_\_\_\_ (16. practice) a brief breathing technique, the fire alarm suddenly \_\_\_\_\_ (17. go off). Everyone \_\_\_\_\_ (18. look) startled, but Dr. Lane calmly \_\_\_\_\_ (19. guide) them through grounding. Later, they learn it \_\_\_\_\_ (20. be) a false alarm.

Over lunch, Dr. Lane writes progress notes. She \_\_\_\_\_ (21. not / finish) documenting everything yet because she \_\_\_\_\_ (22. answer) a phone call from a referring physician. By 2 p.m., she \_\_\_\_\_ (23. complete) the notes and \_\_\_\_\_ (24. start) a one-on-one assessment with a new client who \_\_\_\_\_ (25. experience) intrusive thoughts for the past three years. The client explains that he \_\_\_\_\_ (26. try) self-help apps since 2023, but none \_\_\_\_\_ (27. seem) to help consistently.

Dr. Lane \_\_\_\_\_ (28. plan) to administer a structured interview next session. She \_\_\_\_\_ (29. meet) the client again on Thursday at 10:30—yes, it’s already in her calendar. By the end of this month, she \_\_\_\_\_ (30. hope) they \_\_\_\_\_ (31. develop) a collaborative treatment plan.

At 4 p.m., she has supervision. Her supervisor asks how many exposure tasks her clients \_\_\_\_\_ (32. complete) this week and whether anyone \_\_\_\_\_ (33. drop out). They also discuss a complex case Dr. Lane \_\_\_\_\_ (34. monitor) since January.

This evening, Dr. Lane \_\_\_\_\_ (35. give) a public talk on “The History of Psychology: From Introspection to Evidence-Based Practice.” While she \_\_\_\_\_ (36. speak), her colleague \_\_\_\_\_ (37. record) the session for students who \_\_\_\_\_ (38. not / be able) to attend. By this time tomorrow, she \_\_\_\_\_ (39. upload) the recording to the learning platform.

Looking ahead, the department \_\_\_\_\_ (40. host) a conference next month. Dr. Lane \_\_\_\_\_ (41. present) a poster on outcome measures in CBT, and her research team \_\_\_\_\_ (42. run) a workshop on clinician burnout. By the time the conference opens, they

\_\_\_\_\_ (43. pilot) a new well-being scale; they  
 \_\_\_\_\_ (44. analyze) preliminary data for two weeks already by  
 then.

Despite the workload, Dr. Lane \_\_\_\_\_ (45. remain)  
 optimistic. "Clinical progress," she writes in her journal, "  
 \_\_\_\_\_ (46. not / be) linear, but it \_\_\_\_\_ (47. be) measurable when we track  
 the right variables."

**64. Read the text carefully and change the verbs to the correct form:**

Anna \_\_\_\_\_ (to be born) in a small town. Since childhood, she  
 \_\_\_\_\_ (to be) curious about human behavior and emotions. At school, she  
 often \_\_\_\_\_ (to observe) how her classmates reacted in stressful situations.  
 One day she \_\_\_\_\_ (to decide) to study psychology at university. When the  
 admission process \_\_\_\_\_ (to finish), she \_\_\_\_\_ (to feel) excited  
 because she \_\_\_\_\_ (to get) accepted.

At university, Anna \_\_\_\_\_ (to learn) about cognitive processes and  
 \_\_\_\_\_ (to discover) how perception and memory work. She \_\_\_\_\_  
 (to have) to read a lot of research articles and \_\_\_\_\_ (to conduct) experiments  
 in the lab. Sometimes the complexity of psychological theories \_\_\_\_\_ (to  
 overwhelm) her, but she \_\_\_\_\_ (not to give up).

The only person she \_\_\_\_\_ (can rely on) was her mentor, Dr.  
 Smith, who \_\_\_\_\_ (to encourage) her \_\_\_\_\_ (to try) to help Anna  
 adapt to academic life and enjoy (to study) psychology.

## RECOMMENDED REFERENCES AND WEB-RESOURCES

1. Foley, M., & Hall, D., 2003. *Longman Advanced Learners' Grammar – a self-study reference and practice book with answers*. Pearson Education Ltd.
2. Fucks, M., & Bonner M., 2007. *Grammar Express with Answers For Self-Study or the Classroom*. Pearson Education Ltd.
3. Hewings M., 2005, *Advanced Grammar in Use. A Self-Study Reference and Practice Book for Advanced Learners of English*. 2<sup>nd</sup> edition. Cambridge University Press.
4. Murphy R., 2012. *English Grammar in Use. A Self-Study Reference and Practice Book for Intermediate Learners of English*. Cambridge University Press.
5. Vince M., & Sunderland P., 2003. *Advanced Language Practice with Key*. Macmillan Education.
6. Vince M., 2008. *Macmillan English Grammar in Context. Advanced with Key*. – Macmillan Education.
7. Walton R., 2000. *Focus on Advanced English CAE Grammar Practice*. Peason Education Ltd, 2000.
8. English Tense Review for Advanced Learners. – URL: [http://esl.about.com/library/lessons/blgr\\_tenses.htm](http://esl.about.com/library/lessons/blgr_tenses.htm) (accessed: 15.05.2024)
9. ESL Lounge. – URL: [Intermediate Grammar Exercises - Used To, Past Perfect \(esl-lounge.com\)](http://esl-lounge.com) (accessed: 15.11.2025)
10. Grammarly. Verb Tenses Explained, with Examples. – URL: <https://www.grammarly.com/blog/verb-tenses/> (accessed: 15.11.2025)
11. Test-English. – URL: [B1+ Grammar lessons and exercises - Test-English](http://test-english.com) (accessed: 15.11.2025)

