



Subject : English	Unit: 3	Level : 11
Name:	Topic : For Vs. Since [Present Perfect]	

The use of FOR

FOR + period of time
+ number + time word

When we measure the duration of something or how long it lasts. It has a start point and an end point and can be used in different tenses.

for ten minutes
for eight hours
for five days
for six months
for three years
for two centuries

FOR

Examples: * I have known her **for** a long time.
* I have lived here **for** ten years.

The use of SINCE

SINCE + starting point
+ a time / a date

When something started in the past and continues until now.

Since is mostly used in the present perfect and perfect progressive tense.

since 8 o'clock
since Monday
since February
since 1982
since I left school
since the end of last century

SINCE

Examples: * I have known him **since** January.
* I have been a doctor **since** 1992..

