Adverbs of frequency

Adverbs of frequency tell how often an activity takes place. Most of these adverbs of frequency can be used with several tenses. With the simple present tense, the meaning of the adverbs of frequency is habitual, repeated action.

*I always complete my homework assignments on time.*

*Rolando's homework is sometimes late.*

*Hans never finishes his assignments on time.*

*His are usually more than two days late.*

*I often give my compositions to the instructor early.*

*The instructor occasionally returns our compositions the next day.*

With the simple past tense, the meaning of the adverbs of frequency is habitual, repeated action for a definite time in the past. In the following sentences, the definite time in the past is last semester.

*I always completed my homework assignments on time last semester.*

*Rolando's homework was sometimes late.*

*Hans never finished his assignments on time.*

*His were usually more than two days late.*

*I often gave my compositions to the instructor early.*

*The instructor occasionally returned our compositions the next day.*

With the present perfect tense, the meaning of the adverbs of frequency is to describe action from a point of time in the past to the moment of speaking.

*I have always completed my homework assignments on time.*

*Rolando's homework has sometimes been late.*

*Hans has never finished his assignments on time.*

*His have usually been more than two days late.*

*I have often given my compositions to the instructor early.*

*The instructor has occasionally returned our compositions the next day.*

Additional adverbs of frequency that may accompany these tenses are scarcely, rarely, seldom, hardly ever.

**6.** The expression once in a while may also be used with several tenses to indicate how often.

*I see my old high school friends once in a while.*

*When I was home last year, I saw my chemistry teacher once in a while.*

*Next summer I will help my father in his store once in a while, not every day.*