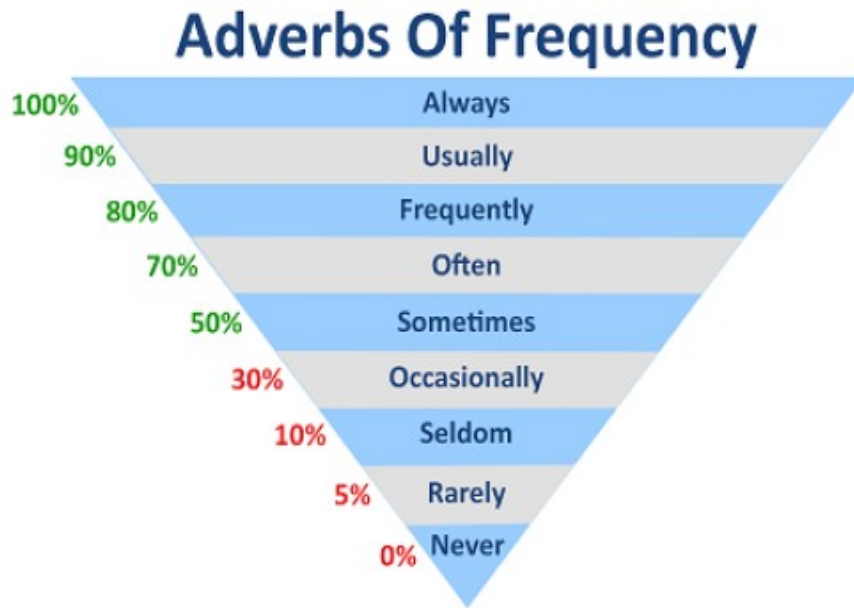


## THE ADVERBS OF FREQUENCY



## THE POSITION OF THE FREQUENCY ADVERBS IN A SENTENCE

**1. An adverb of frequency goes before a main verb (except with To Be).**

Subject + adverb + main verb

*I **always** remember to save the documents.*

*He **normally** leaves the office at 8:00.*

**2 An adverb of frequency goes after the verb To Be.**

Subject + to be + adverb

*They are **never** at the office before 9.00 AM.*

*She is **usually** at the conference room in the mornings.*

**3. When we use an auxiliary verb (have, will, must, can, etc.), the adverb is placed between the auxiliary and the main verb. This is also true for to be.**

Subject + auxiliary + adverb + main verb.

*I can sometimes work from home.*

*I will never open a spam email.*

*They are always checking the emails.*

*I don't often take a break in the morning.*

**4. We can also use the following expressions when we want to be more specific about the frequency and they are often used at the beginning or at the end of the sentence.**

- every day
- once a month
- twice a year
- four times a day
- every other week
- daily
- monthly

*I check my emails daily.*

*I attend to a meeting abroad monthly.*

*Every day, I go to work by bus.*

## ADVERBS OF FREQUENCY PRACTICE

Rewrite the sentence with the **adverb of frequency**. Pay attention to the position of the adverb.

- 1) The student starts the day at 8 AM when there are no early lectures (*usually*)

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- 2) The weather is bad in the morning, especially in winter (*frequently*)

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- 3) He updates his project progress (*monthly*)

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- 4) After fixing the issue, the system works as expected (*often*)

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- 5) After debugging, the system can detect metal successfully (*usually*)

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- 6) In the evening, she is tired after a long day at university (*frequently*)

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- 7) She watches a series to relax before continuing his work (*sometimes*)

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8) She doesn't leave the university before 5 PM (*usually*)

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9) She attends lab sessions to work on her project (*every day*)

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10) She has a long meeting with his supervisor (*once a week*)

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11) In the afternoon, she attends DSP lab sessions (*always*)

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12) She goes to bed at around 11 PM (*every night*)

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13) Do you go to the library in the mornings? (*often*)

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14) She goes to bed before midnight (*rarely*)

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15) The students are unfocused when solving a problem (*never*)

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16) The students take a break before midday (*seldom*)

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