



Frequency Adverbs

Words like *always, usually, often, sometimes, hardly ever* and *never* are frequency adverbs. They describe **how often** you do an activity. They are often used in descriptions of someone's habits or routines. The position of the adverb will depend on the verb / verbs in the sentence.

Here are some rules for where they are placed in a sentence when they are used with the simple present tense to describe what someone habitually does.

- If the verb is one word, the frequency adverb goes in front of the verb. (*I always study before an exam.*)*
- The frequency adverb goes after *am, is, are*. (*I am never later for exams.*)
- If the verb is two or more words, the adverb will go after the first verb e.g. *In my country exams are often done online.*

**Usually* and *sometimes* can also be placed at the beginning or end of a sentence.

Exercise: Read the sentences about exams below and answer the question after each sentence in pairs. Try to use a frequency adverb in your answer. You can use any frequency adverb you like.

1. *When I take an exam I always have something satisfying to eat beforehand.*

Question: What do you eat before an exam?

2. *I usually relax the night before a big test and try not to do any last-minute study.*

Question: What do you do on the night before an exam?

3. *I seldom feel nervous on the morning of an exam.*

Question: How do you feel on the morning of an exam?

4. *I sometimes tape information I want to remember for a test.*

Question: How do you remember information for a test?

5. *I hardly ever use flash cards to remember information.*

Question: Do you ever use flash cards when you study for an exam?

6. *I normally try to read all the questions first before I start answering them.*

Question: What do you normally do first in an exam?

7. *I frequently forget to write my name on every page and have to remember to do it at the end of the test!*

Question: Is there anything you sometimes forget to do in exams?

8. *I have always studied for exams in my bedroom.*

Question: Where do you study for exams?

9. *I have never missed an exam.*

Question: Have you ever missed an exam?

10. *I am usually excited after the exam finishes.*

Question: Are you usually excited or depressed after an exam?



Wolfie says, "In an exam, never chase cats."

