Listening to Progress Stories

B1 · Listening · WORKSHEET

Name: _____ Date: _____

1. Choose the main idea.

Choose the sentence that matches what you hear.

1. “I’ve been learning to paint for six months. I’m getting better, but I still struggle with colors.”
   Choices: The speaker is improving, but it is not easy. / The speaker stopped painting. / The speaker is an expert.

   Answer: _____

2. “We’ve been training since March. We ran our first 5K last week.”
   Choices: They have trained for several months. / They started last week. / They never train.

   Answer: _____

3. “I haven’t been sleeping well lately, so I’m tired.”
   Choices: The speaker has a recent sleep problem. / The speaker sleeps a lot. / The speaker is not tired.

   Answer: _____

4. “I’ve been cooking more at home. It’s cheaper and I’m proud of my recipes.”
   Choices: The speaker feels good about cooking at home. / The speaker never cooks. / The speaker hates it.

   Answer: _____

2. Listen for the time.

Write for or since.

1. I’ve been learning guitar ___ six months.

2. She’s been living here ___ 2021.

3. We’ve been working on this project ___ two weeks.

4. He’s been training ___ January.

3. Retell the story.

Write what you heard about a classmate’s progress.

1. Write the activity.

3. Retell the story. (continued)

2. Write how long.

3. Write the progress and feeling.