The Rules:
The perfect tenses are used to describe action that is completed before another action or event occurs. The present perfect is used to describe action that was completed before the present time.

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<th>Perfect Tenses</th>
<th>Use this tense when describing an action that is completed before another time or event occurs.</th>
<th>Example Verb Form (form of to have + past participle)</th>
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<tbody>
<tr>
<td>Present Perfect</td>
<td>Describes events that were finished before now. Ex. She has already purchased her lunch.</td>
<td>I have eaten</td>
</tr>
<tr>
<td>Past Perfect</td>
<td>Describes events that finished before another time in the past. Ex. She had already found her keys before she arrived home.</td>
<td>I had eaten</td>
</tr>
<tr>
<td>Future Perfect</td>
<td>Describes events that will be finished before another time in the future. Ex. She will have finished her essay by the time she exits the train.</td>
<td>I will have eaten</td>
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</table>

Other uses of the present perfect:

I. Describing events that have happened before now, the exact time of which is unspecified. This usage is often indicated by adverbs such as ever, yet, never, still, and already.

Examples:
1. My teacher has never graded an assignment without also providing helpful advice and encouragement. (the present perfect has graded indicates that the teacher's actions have happened before now.)
2. Overuse injuries from running and cycling have never been successfully treated without rest. (here the present perfect have been is used to emphasize that the rest treatment has happened before the present.)

II. Describing an event that has occurred repeatedly from a point in the past up to the present time, and may happen again.

Examples:
1. My sister has met many interesting people on her backpacking trip along the Appalachian Trail. (here the present perfect has met is used to indicate that the sister met interesting people multiple times, or repeatedly, on her trip.)
2. I waited for spring, and today it has arrived! (the present perfect has arrived is used to indicate that spring's arrival is a repeated, cyclical action.)
3. My chemistry class has had three different substitute teachers in three weeks. (the present perfect has had is used to emphasize the repeated replacement of substitute teachers.)
Some Reasons Why These Rules Can Be Confusing:
I. The uses of the present perfect can sometimes be confused with the uses of the simple past. The present perfect is often used without an indication of time, whereas the simple past is often used with a word or phrase describing specifically when an action took place.

Examples:
1. I watered my garden yesterday. (the simple past watered is used with the word yesterday to indicate when the action occurred.)
2. I have eaten twelve cupcakes, and now I have a stomach ache. (here, the past perfect have eaten indicates that the cupcakes were recently eaten, and that they were the cause of the stomach ache.)

II. Has and is are both contracted with an ’s when used with personal pronouns.

Examples:
1. She’s eaten pizza at her best friend’s birthday party. (She’s is a contracted form of she has eaten, not she is; here, has eaten is the present perfect form of to eat.)
2. She’s eating pizza at her best friend’s birthday party. (here, she’s is the contracted form of she is, and the action is in the present rather than the recent past.)
3. It’s been an interesting class today. (It’s is a contraction of it has been, not it is.)
4. It’s interesting being in class today. (It’s is a contraction of it is, not it has.)

Let’s Practice:
Complete the following sentences with a correct form of the verb in parentheses.
1. I ______ (to hope) this day would finally come.
2. My granddaughter ______ (to grow) three inches since last summer.
3. James ______ (to ride) his bike every day for a week.
4. After hiking along the creek, she ______ (to find) an abandoned treehouse.
5. He ______ (to find) the error in his experimental method.

Further Resources:
https://owl.english.purdue.edu/owl/resource/601/03/

https://owl.english.purdue.edu/owl/resource/601/04/