

# Adverbs of Frequency

Level: Advanced

Test: 1

Explanations

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1. "Almost always" means something happens most of the time, but not every single time. This matches the sentence, because sometimes the company promotes internally but occasionally hires people from outside.
2. "Frequently" and "regularly" both describe actions that happen often or with a consistent pattern. This makes "regularly" the closest synonym, as the other options describe less frequent occurrences.
3. "Scarcely...ever" creates a negative expression showing that something happens very rarely. It fits the sentence, emphasizing that he almost never completed the draft before changes were requested.
4. Inversion is needed after negative adverbials like "rarely," so we use the auxiliary "do" before the subject. This creates the correct formal structure: "Rarely do I encounter..."
5. The sentence uses "rarely" at the beginning, which triggers inversion. This means we switch the order—place the auxiliary verb ("has") before the subject ("she") for advanced, formal emphasis.
6. "Rarely" and "seldom" both describe something that happens almost never, making them close synonyms. The other options suggest a higher frequency, so they do not give the same meaning.
7. "Consistently" fits best because it means the CEO addresses concerns regularly, matching the idea of transparent and inclusive leadership. The other options suggest less frequent actions, which don't fit the sentence's positive tone.
8. "Virtually never" means almost never, which matches how his busy job prevents him from participating. It fits the sentence's negative tone and clearly explains his rare involvement, making it the most suitable choice.
9. In sentence b), the structure "Hardly ever do my neighbors venture outside..." uses inversion after a negative adverb of frequency, which strongly emphasizes how seldom the action occurs, following advanced English grammar rules.
10. "Hardly ever" means something almost never happens, which fits the sentence

because her excellent work ethic makes failing to meet a deadline extremely rare, even when the task is very challenging.

**11.** "Invariably" means something happens every single time, with no exceptions. "Always" is a direct synonym, both expressing 100% frequency, so the meaning stays the same if you swap them.

**12.** "Frequently" fits well here because it shows the research team adapts their hypotheses on a regular basis, which is logical and expected when adjusting to new experimental results—unlike the other, less regular options.

**13.** The adverb "seldom" means "not often" or "rarely," so the best paraphrase uses a similar frequency word—"infrequently"—to accurately express how uncommon the experience is.

**14.** In English, adverbs of frequency like "hardly ever" usually go before the main verb or after the verb "to be," so the correct word order should be "They hardly ever challenge."

**15.** The adverb "occasionally" tells us that the manager extends deadlines, but not regularly or frequently—just sometimes, when it is necessary. It means this happens from time to time, not often or never.

**16.** Option a uses "perpetually" to emphasize irony; it links the expectation of timely arrivals with the reality that these arrivals never happen when needed, highlighting contrast with frequency for humorous effect.

**17.** Option c is correct because it uses two different adverbs of frequency—"almost never" and "frequently"—to describe separate actions, making the meaning clear and the sentence grammatically accurate.

**18.** The sentence uses correct word order for adverbs of frequency, placing "consistently" before the main verb "delivers," and follows the natural flow of English: subject + adverb + verb + object + prepositional phrase.

**19.** This option uses inversion correctly after a negative adverbial ("Hardly"), placing "had" before the subject. This structure is required in formal English for emphasis and accurate meaning.

**20.** "Notably" is not an adverb of frequency; it shows emphasis or importance, not how often something happens. Only the other options describe how frequently actions occur in the sentence.