

for

For can be used with all tenses. Here are a few examples:

- They study for two hours every day.
- They are studying for three hours today.
- He has lived in Bangkok for a long time.
- He has been living in Paris for three months.
- I worked at that bank for five years.
- Will the universe continue for ever?

We do not use *for* with "all day", "all the time":

- I was there all day. (*not for all day*)

since

Since is normally used with perfect tenses:

- He has been here since 9am.
- He has been working since he arrived.
- I had lived in New York since my childhood.

We also use *since* in the structure "It is [period] since":

- It was a year since I had seen her.
- How long is it since you got married?