

PROGRESS SOFTWARE CORP /MA
 Form 4
 March 31, 2005

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549**

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
RASIEL AMRAM

2. Issuer Name and Ticker or Trading Symbol
PROGRESS SOFTWARE CORP /MA [PRGS]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
03/29/2005

Director 10% Owner
 Officer (give title below) Other (specify below)

14 OAK PARK

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

BEDFORD, MA 01730

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transaction Code (Instr. 8) | 4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | | | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Ownership (Instr. 4) | |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--------|---|--|-----------------------------------|------------|
| | | | | Code | V | Amount | | | | (A) or (D) |
| Common Stock | 03/29/2005 | | M | | | 10,000 | \$ 12.0625 | 480,000 | D | |
| Common Stock | 03/29/2005 | | M | | | 5,000 | \$ 12.8125 | 485,000 | D | |
| Common Stock | 03/29/2005 | | M | | | 5,000 | \$ 13.084 | 490,000 | D | |
| Common Stock | 03/29/2005 | | M | | | 16,000 | \$ 13.24 | 506,000 | D | |
| Common Stock | 03/29/2005 | | M | | | 8,000 | \$ 15.07 | 514,000 | D | |

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| | | | | | | | |
|--------------|------------|---|-------|---|----------|---------|---|
| Common Stock | 03/29/2005 | M | 8,000 | A | \$ 21.86 | 522,000 | D |
| Common Stock | 03/29/2005 | M | 9,500 | A | \$ 18.15 | 531,500 | D |
| Common Stock | 03/29/2005 | M | 9,500 | A | \$ 19.25 | 541,000 | D |

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474
(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | 4. Transaction Code (Instr. 8) | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) | 6. Date Exercisable and Expiration Date (Month/Day/Year) | 7. Title and Amount of Underlying Security (Instr. 3 and 4) | | |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|--------------|---------------------|
| | | | | Code | V (A) (D) | Date Exercisable | Expiration Date | Title | Amount or Number of |
| Nonqualified Stock Options | \$ 12.0625 | 03/29/2005 | | M | 10,000 | 10/06/2000 ⁽¹⁾ | 10/06/2010 | Common Stock | 10,000 |
| Nonqualified Stock Options | \$ 12.8125 | 03/29/2005 | | M | 5,000 | 04/03/2001 ⁽²⁾ | 04/02/2011 | Common Stock | 5,000 |
| Nonqualified Stock Options | \$ 13.084 | 03/29/2005 | | M | 5,000 | 10/10/2001 ⁽³⁾ | 10/09/2011 | Common Stock | 5,000 |
| Nonqualified Stock Options | \$ 13.24 | 03/29/2005 | | M | 16,000 | 08/02/2002 ⁽⁴⁾ | 08/01/2012 | Common Stock | 16,000 |
| Nonqualified Stock Options | \$ 15.07 | 03/29/2005 | | M | 8,000 | 02/24/2003 ⁽⁵⁾ | 02/23/2013 | Common Stock | 8,000 |
| Nonqualified Stock Options | \$ 21.86 | 03/29/2005 | | M | 8,000 | 11/11/2003 ⁽⁶⁾ | 11/10/2013 | Common Stock | 8,000 |
| | \$ 18.15 | 03/29/2005 | | M | 9,500 | 05/24/2004 ⁽⁷⁾ | 05/23/2014 | | 9,500 |

| | | | | | | | | |
|----------------------------------|----------|------------|--|---|-------|---------------------------|------------|-----------------|
| Nonqualified Stock Options | | | | | | | | Common Stock |
| Nonqualified Stock Options | \$ 19.25 | 03/29/2005 | | M | 9,500 | 09/27/2004 ⁽⁸⁾ | 09/26/2014 | Common Stock |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | |
|--|---------------|-----------|---------|-------|
| | Director | 10% Owner | Officer | Other |
| RASIEL AMRAM 14 OAK PARK BEDFORD, MA 01730 | X | | | |

Signatures

Amram Rasiel 03/31/2005
 **Signature of Date
 Reporting Person

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) The option was fully vested and exercisable as of the date of grant, October 6, 2000.
- (2) The option was fully vested and exercisable as of the date of grant, April 3, 2001.
- (3) The option was fully vested and exercisable as of the date of grant, October 10, 2001.
- (4) The option was fully vested and exercisable as of the date of grant, August 2, 2002.
- (5) The option was fully vested and exercisable as of the date of grant, February 24, 2003.
- (6) The option was fully vested and exercisable as of the date of grant, November 11, 2003.
- (7) The option was fully vested and exercisable as of the date of grant, May 24, 2004.
- (8) The option was fully vested and exercisable as of the date of grant, September 27, 2004.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.