



Year 11 Mock Examinations Nov 2025

Pride, Respect, Responsibility

Mock Examinations Nov 2025: Key notices

Please **pay close attention to the start times** on your exam timetables as each exam may vary. Ensure you are lined up at least **15minutes before your exam** start time. For morning exams, come to the refectory to be registered.

November Mocks								
Exam Date	Board	Subject	Title	Line up	Exam Time	Exam Duration	After the exam	Location
Week One								
10/11/2025	Edexcel	Maths	Maths - Paper 1	9.15am	9.30am	1 Hour and 30 Minutes	Straight to break/Refectory	EK
10/11/2025	AQA	Science	Biology - Triple	1.10pm	1.25pm	1 Hour and 45 Minutes	Straight to break/Refectory	EK
10/11/2025	AQA	Science	Biology - Combined	1.10pm	1.25pm	1 hour 15 minutes	Straight to break/Refectory	EK
11/11/2025	AQA	English	English Language	9.15am	9.30am	1 Hour and 45 Minutes	Early finish	EK
11/11/2025	Edexcel	Business	Business Studies	1.10pm	1.25pm	1 Hour and 45 Minutes	Early finish	EK
12/11/2025	AQA	Science	Chemistry - Triple	9.15am	9.30am	1 Hour and 45 Minutes	Straight to break/Refectory	EK
12/11/2025	AQA	Science	Chemistry - Combined	9.15am	9.30am	1 hour 15 minutes	Straight to break/Refectory	EK
12/11/2025	AQA	Geography	Geography Paper 1	1.10pm	1.25pm	1 Hour and 30 Minutes	Early finish	EK
13/11/2025	AQA	English	English Literature	9.15am	9.30am	2 Hours and 15 Minutes	Straight to break/Refectory	EK
13/11/2025	Edexcel	History	History Paper 1	1.10pm	1.25pm	1 Hour and 20 Minutes	Early finish	EK
14/11/2025	WALKING TALKING ENGLISH MOCK???							
14/11/2025	WJEC	H&C	Hospitality and Catering	1.10pm	1.25pm	1 Hour and 20 Minutes	Early finish	EK
14/11/2025	OCR	Product Design	Product Design	1.10pm	1.25pm	2 Hours	Early finish	EK
Week Two								
17/11/2025	Edexcel	Maths	Maths - Paper 2	9.15am	9.30am	1 Hour and 30 Minutes	Straight to break/Refectory	EK
17/11/2025	OCR	Computing	Computer Science	1.10pm	1.25pm	1 Hour and 30 Minutes	Early finish	EK
17/11/2025	Edexcel	Drama	Drama - Theatre Makers in Practice	1.10pm	1.25pm	1 Hour and 30 Minutes	Early finish	EK
18/11/2025	AQA	Science	Physics - Triple	9.15am	9.30am	1 Hour and 45 Minutes	Straight to break/Refectory	EK
18/11/2025	AQA	Science	Physics - Combined	9.15am	9.30am	1 hour 15 minutes	Straight to break/Refectory	EK
18/11/2025	AQA	Geography	Geography Paper 2	1.10pm	1.25pm	1 Hour and 30 Minutes	Early finish	EK
19/11/2025	AQA	MFL	Mandarin - Writing and Reading (Higher)	08:45	9.00am	2 Hours and 15 Minutes	Straight to break/Refectory	EK
19/11/2025	AQA	MFL	Mandarin - Writing and Reading (Foundation)	08:45	9.00am	1 Hour and 45 Minutes	Straight to break/Refectory	EK
19/11/2025	AQA	MFL	French - Writing and Reading (Higher)	08:45	9.00am	2 Hours and 15 Minutes	Straight to break/Refectory	EK
19/11/2025	AQA	MFL	French - Writing and Reading (Foundation)	08:45	9.00am	1 Hour and 55 Minutes	Straight to break/Refectory	EK
19/11/2025	AQA	MFL	Spanish - Writing and Reading (Higher)	08:45	9.00am	2 Hours and 15 Minutes	Straight to break/Refectory	EK
19/11/2025	AQA	MFL	Spanish - Writing and Reading (Foundation)	08:45	9.00am	1 Hour and 55 Minutes	Straight to break/Refectory	EK
19/11/2025	Edexcel	PE	BTEC PE	08:45	9.00am	1 Hour	Early Release - Refectory	EK
19/11/2025	Edexcel	History	History Paper 2	1.10pm	1.25pm	50 Minutes	Early finish	EK
20/11/2025	Edexcel	Maths	Maths - Paper 3	9.15am	9.30am	1 Hour and 30 Minutes	Straight to break/Refectory	EK
20/11/2025	Edexcel	RE	Religious Education	1.10pm	1.25pm	1 Hour and 45 Minutes	Early finish	EK
Week Three								
24/11/2025	Edexcel	Art	Photography		All Day		Normal Finish	1st Floor
25/11/2025	Edexcel	Art	Photography		All Day		Normal Finish	1st Floor
26/11/2025	Edexcel	Art	Fine Art		All Day		Normal Finish	1st Floor
27/11/2025	Edexcel	Art	Fine Art		All Day		Normal Finish	1st Floor

Mock Examinations Nov 2025: Key notices

Do these mocks count?

Revision strategies – testing what works best

Identify knowledge gaps – find areas to improve

Forecast grades – used for college and apprenticeship applications

College applications – early predictions for offers. Not updated until March 2026

Exam technique – practice under timed conditions

Stress management – learn to cope with exam pressure

Target setting – set goals for final exams

Motivation – boosts focus and commitment

Feedback – useful for refining revision

Progress tracking – assess improvement since Year 10

Mock Examinations Nov 2025: Key notices

Same as Year 10 mocks.

All Year 11s will be on **early lunch** during the examination period.

We will make the Dance Studio available during early lunch as a study space. It will be Year 11 only.

Come straight to the refectory in the morning – breakfast available – to get ready, final prep, social, etc.

Ensure you have the right equipment.

Mock Examinations Nov 2025: Key notices

Please make sure that **coats, bags** are left in the designated areas and personal items including **phones smart watches** etc are either handed in or **not on your person** when sitting the exam. It will be considered malpractice if you have any of these on you when the exams starts.

Once in the Exam Room you are not allowed to use or be in possession of ...

- a mobile phone (if you can manage without it, leave it at home)
- any other electronic or web-enabled storage device (e.g. smart watches) that might be deemed of help to you in the exam
- any of your own paper or notes
- any material which might be deemed to be of help to you (even if you had no intention of using it)
- bags / coats (leave them in the allocated space)
- correcting fluid, ink eraser pens, gel-pens (highlighters may only be used to highlight questions, not in your answers)
- reading pens

Mock Examinations Nov 2025: Key notices

Candidates must stay in the examination room for the duration of the exam. You will not be allowed to leave an examination room early. If you have finished the paper **use any time remaining to check over your answers.**

At the end of the examination all work must be handed in – remember to cross out any rough work. If you have used an extra answer book or loose sheets, insert them inside your main answer book in the correct order. Ensure that you have completed your personal/exam details correctly on all answer books/extra sheets.

Invigilators will collect your exam papers before you leave the room. **Absolute silence must be maintained during this time.** Remember you are still under examination conditions until you have left the room.

Question papers, answer booklets and additional paper must NOT be taken from the exam room.

Remain seated in silence until told to leave the examination room. Please leave the room in silence and show consideration for other candidates who may still be working.

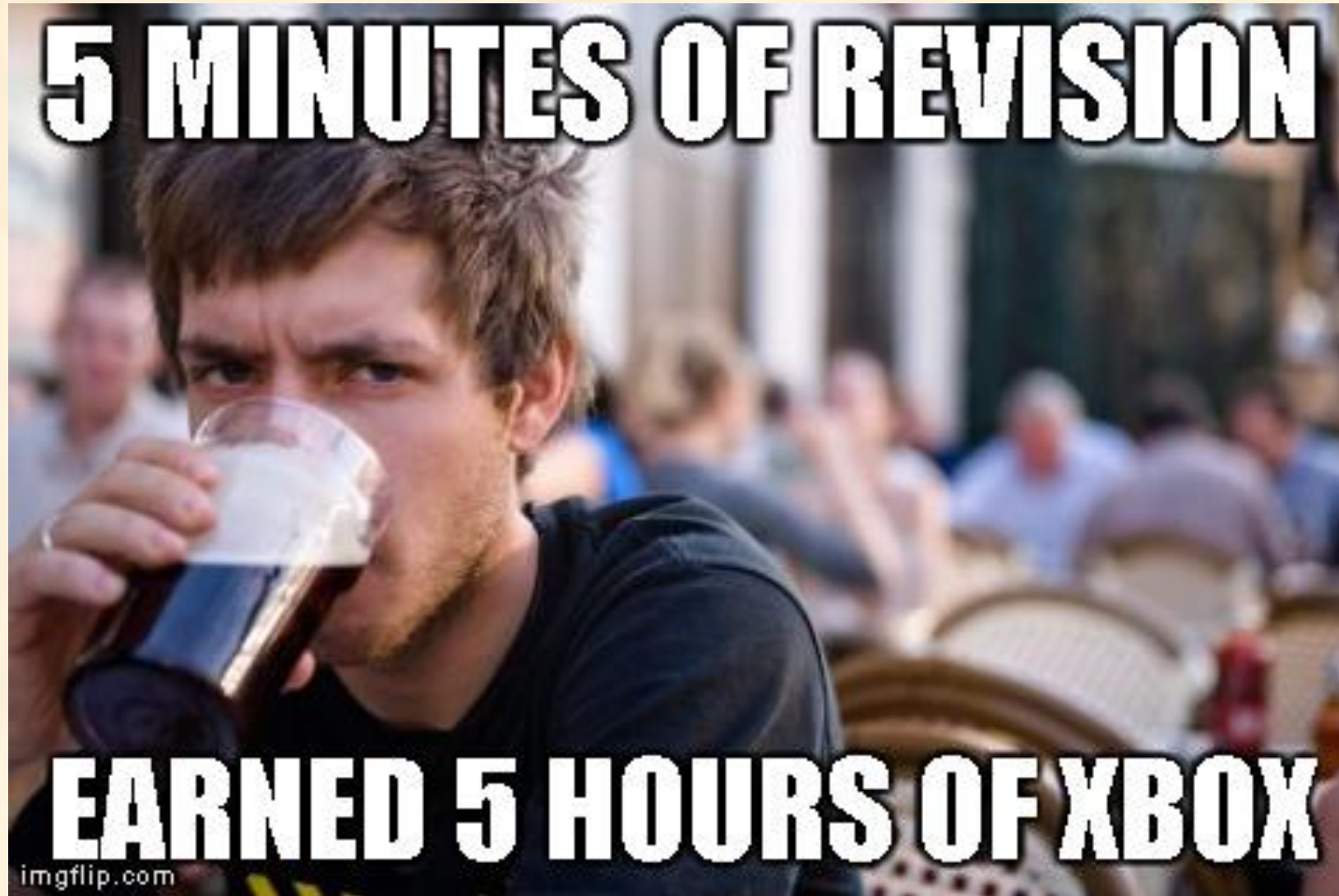
Mock Examinations Nov 2025: Key notices

You must remember a **calculator** for specific exams. If you do not bring the correct calculator we may not be able to provide you with one. If we do this will not be a scientific one you are used to using during lessons which will hinder your performance in the exam.

Please also ensure that **pencil cases and water bottles are clear** or this will not be able to be brought into the exam room.

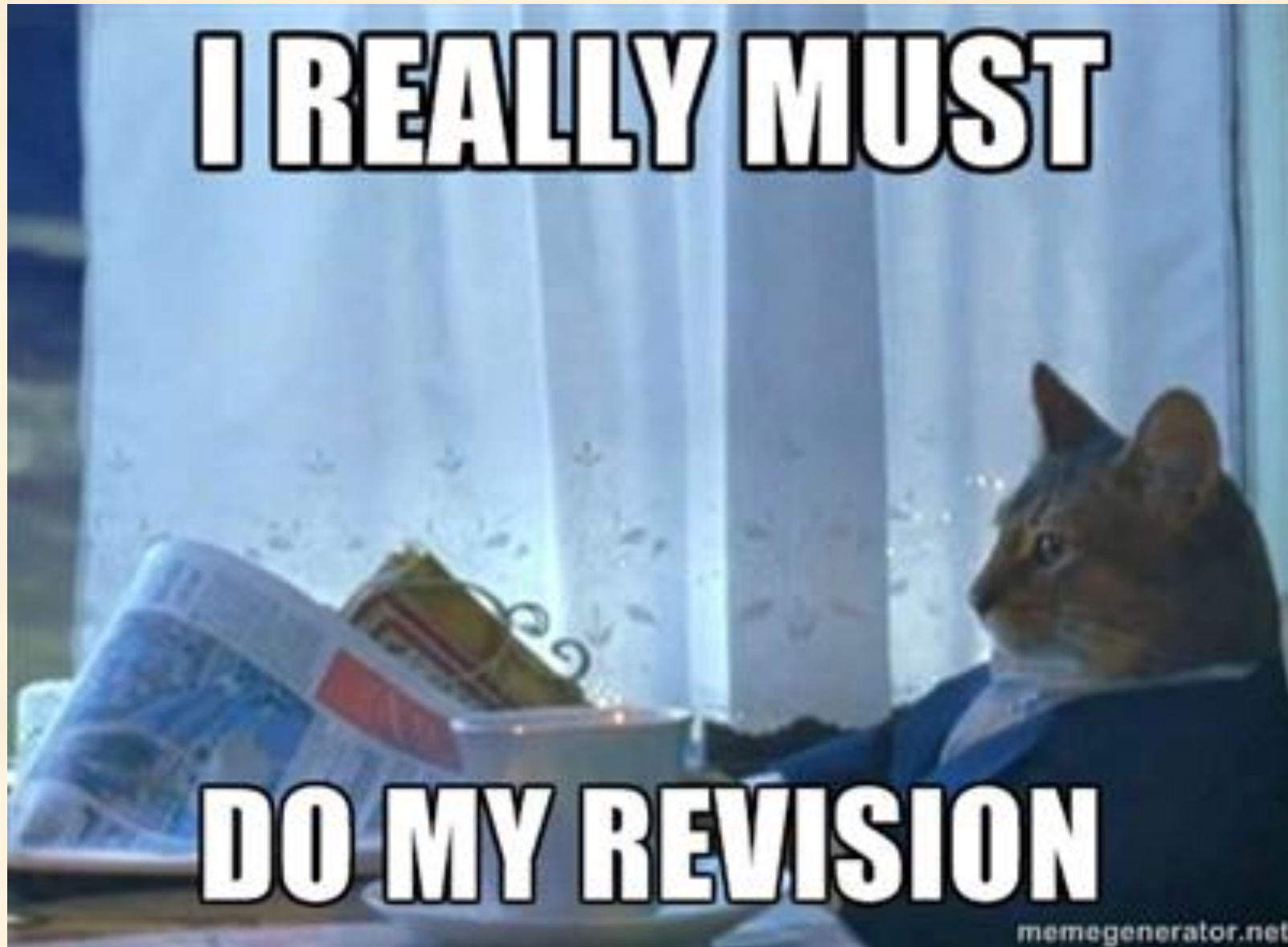
Most importantly **do not stress about the mock exams, do the best that you can** in every exam that you have and if you have **any concerns at all please talk to a member of staff** and we will help you in any way that we can to ensure that you are in the best place you can be.

Is this you?



Pride, Respect, Responsibility

Is this you?



Pride, Respect, Responsibility

Is this you?

I can't wait until exams are over because it means I'll be able to spend my time doing everything I'm already doing just without the guilt

Is this you?

Studying Before Exam



What my friends think I do



What my mom thinks I do



What my Professor thinks I do



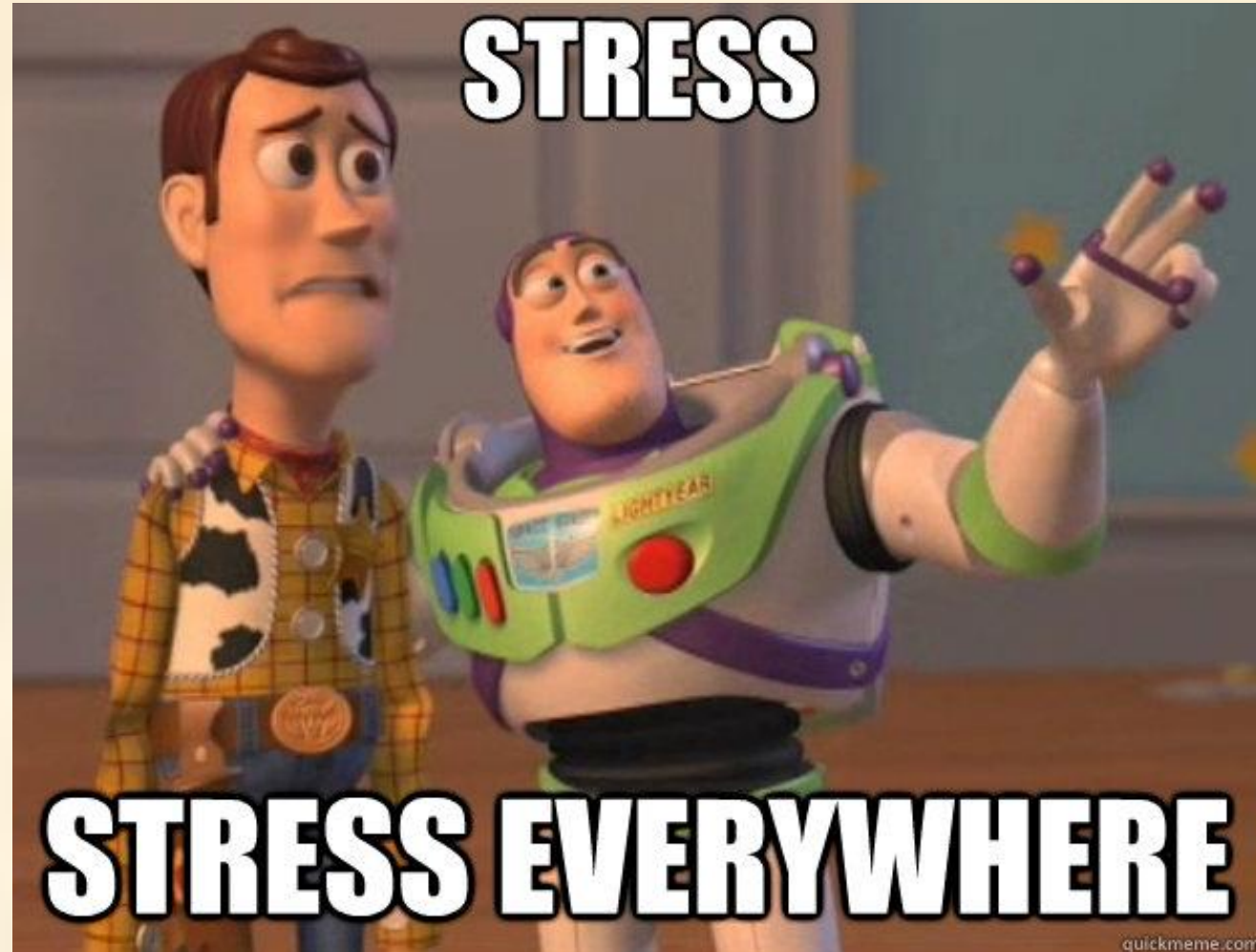
What i think I do



What I really do

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Is this you?



Pride, Respect, Responsibility

What is exam stress and how best can we manage it?



How do exams make you feel?

Worried

Irritable

Fearful

Pressured



Anxious

Tension

Moody

Panic Attacks

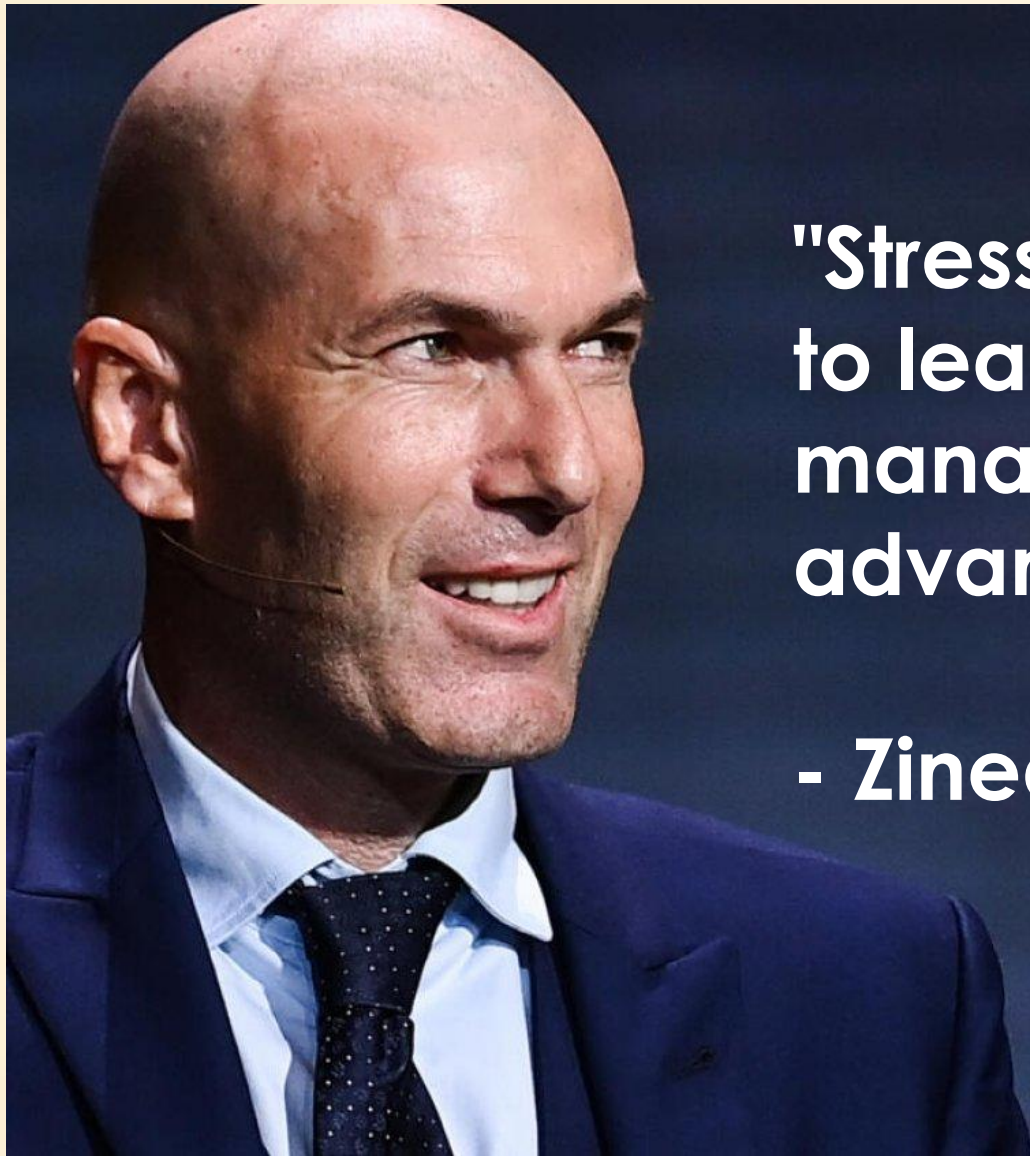
Scared

Headache

Lack of sleep

Tiredness

“Anxiety is the result of a gap between the way things are and the way we think they ought to be.”



"Stress is part of life. You have to learn to live with it, manage it, and use it to your advantage."

- Zinedine Zidane

"It's okay to feel anxious, but it's important to remember that you are stronger than your fears."

How do exams make you feel?

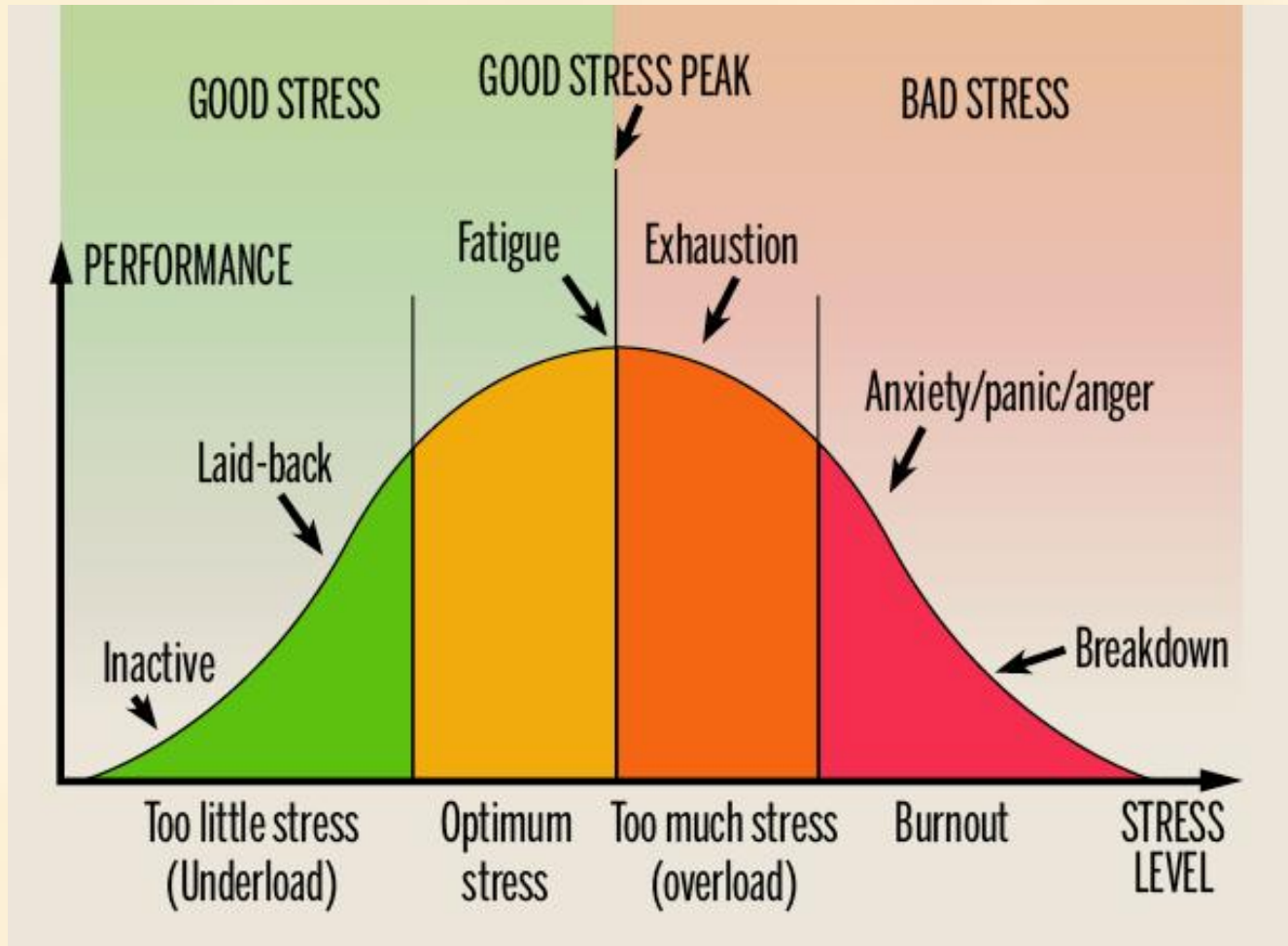
It's **normal to feel stressed** and worried about exams. Stress is your body's natural response to pressure. While it can help you focus and feel motivated to get things done, sometimes it can feel hard to manage.

Exam stress can affect anyone and it can show up in the many different ways listed previously.

If you were not stressed about the **next 50 school days** and the exam window, that would be worrying.



Stress: Good or Bad?



Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

A certain level of **stress can be a positive thing**. It can motivate you to improve and ensure that you get the best from yourself.

Too much stress can be **counter-productive**.

"Believe you can and you're halfway there."



Stress: How do you deal with it?

Top tips for overcoming stress: **try the 4-7-8 breathing technique**

The 4-7-8 breathing technique can help reduce anxiety by slowing down the breathing rate and promoting relaxation through the regulation of oxygen and carbon dioxide levels in the body. **Click the link below [4min03] and try it – do it properly and it works!**



Click link to view video: <https://youtu.be/1Dv-ldGLnIY?feature=shared>

"The way to develop self-confidence is to do the thing you fear and get a record of successful experiences behind you."

Stress: How do you deal with it?

Top tips for overcoming stress: **Move more!**

Regular exercise can be a great way to manage and **overcome anxiety**. When we exercise, our bodies release natural chemicals called **endorphins** that help us feel good and reduce feelings of stress and anxiety. Exercise also helps to **lower levels of stress hormones**, like cortisol and adrenaline, which can make us feel more anxious.

Additionally, exercise can provide a healthy outlet for managing anxiety, as it allows us to **release pent-up energy and emotions**. It can also improve our sleep, which is important for overall health and well-being, and increase our self-esteem and confidence.



<https://youtu.be/fRDccGSLE9k?feature=shared>



"Start where you are. Use what you have. Do what you can."

Stress: How do you deal with it?

Top tips for overcoming anxiety: **Get sleep and rest**



Develop a
consistent sleep
schedule



Healthy sleep routines
[eg no tech too late]



Cool, comfortable,
quiet and dark



No rich foods, drinks or
caffeine before bed



No naps after
school



Exercise leads to
better sleep

Getting enough sleep helps our brain regulate emotions and respond to stressors in a calm way. **Lack of sleep can increase anxiety** and make it harder for us to deal with daily stressors. By prioritizing **good sleep habits**, we can help alleviate anxiety and feel more refreshed and energized for the day ahead.

To get good sleep, it's important to establish a consistent **sleep routine**, which includes going to bed and waking up at the same time every day. **Avoid caffeine, nicotine, and electronic devices before bed**, as they can interfere with sleep quality. Lastly, **create a comfortable sleep environment** by keeping your bedroom cool, quiet, and dark.

"Don't let yesterday take up too much of today."

FINHAM PARK 2



Stress: How do you deal with it?

Top tips for overcoming anxiety: **Eat healthy**

Linking with the previous slide, eating healthy foods means our brain gets the nutrients it needs to work properly. Conversely, when we eat unhealthy foods, our brain doesn't get the nutrients it needs to work efficiently. For example, when we eat foods that are high in sugar, our blood sugar levels rise quickly, which can give us a quick burst of energy and make us feel good for a little while. But after a while, our blood sugar levels drop, which can make us feel tired, moody, and even irritable.

But when we eat healthy foods, our brain can work efficiently, and we might feel less anxious. It's important to eat a balanced and healthy diet that includes a variety of fruits, vegetables, whole grains, and lean protein to support our mental and physical health.



"Nothing in life is to be feared, it is only to be understood."

Stress: How do you deal with it?

Top tips for overcoming anxiety: **Appreciate the world around you**

Spending time in nature can also **increase our levels of serotonin**, which is a neurotransmitter that makes us feel happy and content. When we have higher levels of serotonin, we're more likely to feel happy and content. It also reduces cortisol which can help us feel less anxious and more at ease.

Appreciating the natural world can also help us feel more **connected to something larger than ourselves** and gives us a feeling of purpose and belonging.

So, whether it's taking a walk in the park, going for a hike, or just spending some time outside, appreciating the natural world can be a really effective way to lower your anxiety levels.



<https://youtu.be/TdDioDtjkis?feature=shared>



"Every great dream begins with a dreamer."

FINHAM PARK 2



Stress: How do you deal with it?

Top tips for overcoming anxiety: **Connect with people that matter**



Socializing and connecting with others can help reduce anxiety by **distracting your mind from worries and negative thoughts**, and by providing a sense of belonging and support.

Talking to friends or participating in social activities can also increase **the release of feel-good hormones in the brain**, which can improve mood and reduce stress.

Additionally, socializing can **help you build social skills and self-confidence**, which can help you feel more comfortable in social situations and reduce anxiety in the long term.

"Anxiety is like a rocking chair. It gives you something to do, but it doesn't get you very far."

Stress: How do you deal with it?

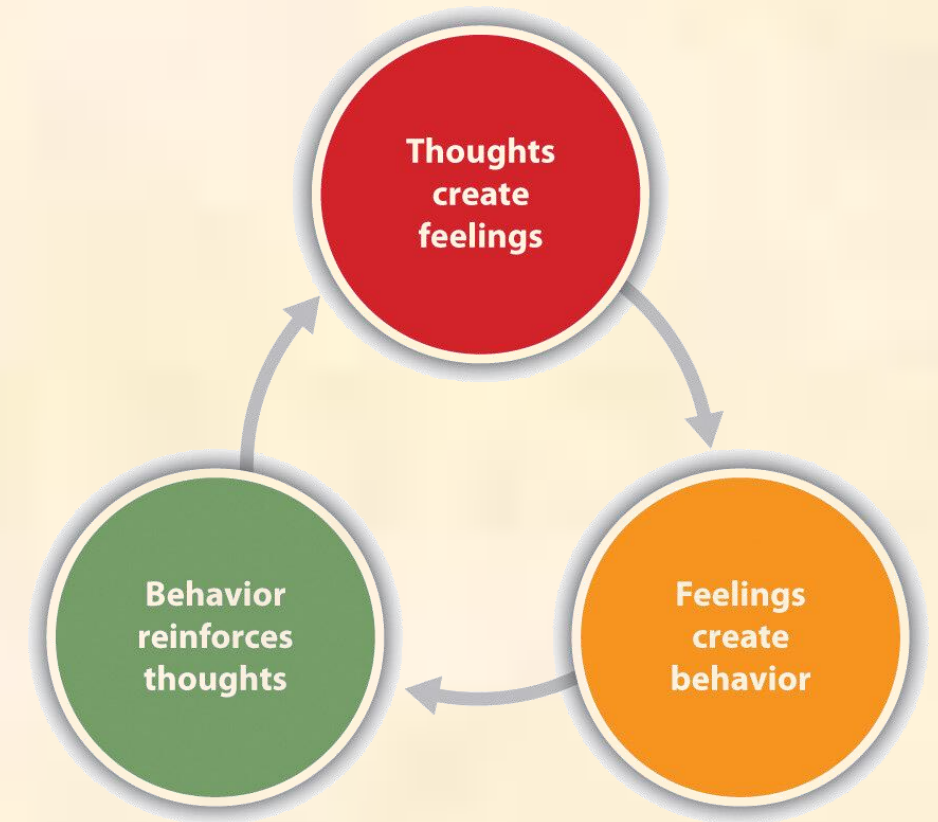
Top tips for overcoming anxiety: **Retrain your brain**

We can all change the way we think. This neuroplasticity that we all have means that strategies can be used to reduce anxiety. Some CBT strategies that could be used to overcome anxiety include:

Identifying and challenging negative thoughts by asking yourself if they are based on facts or just your feelings.

Learning relaxation techniques, such as deep breathing or meditation, to calm your body and mind when you feel anxious.

Gradual exposure to anxiety-provoking situations, such as public speaking or meeting new people, to help you build confidence and reduce anxiety over time.



Whether you think you can, or you think you can't - you're right.

Stress: How do you deal with it?



"It's okay to feel anxious, but it's important to remember that you are stronger than your fears."

Stress: How do you deal with it?

Top tips for overcoming anxiety: **CBT and Self-Talk Strategies**

- If my best friend had these thoughts, what would I say?
- What would my best friend say to me about these thoughts?
- When I felt like this in the past, what thoughts made me feel better?
- Have I had experiences that have shown these thoughts are not always completely true?
- When I am not thinking this way, do I view things differently? How?
- Have I been in this situation before? What happened? What did I learn?
- Will I look at this situation differently in five years' time?
- Am I ignoring strengths and positives in myself or the situation?



Stress: How do you deal with it?

Top tips for overcoming anxiety: **Take control and do something**



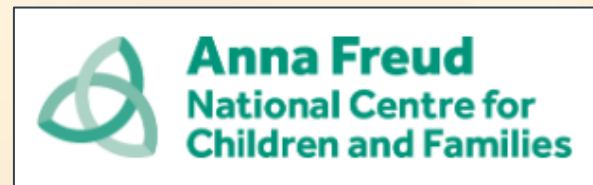
Click link to view video: https://youtu.be/ENwe0d6sC_4?feature=shared

Stress: How do you deal with it?

Overcoming anxiety: **Where to go for support**

Always share your concerns with trusted people. You'd be amazed at how common it is. Go to:

- Any adults in school.
- Talk to friends.
- Talk to parents.
- Other trusted adults.



"You are not alone in your struggles, and there are people who care about you and want to support you."

Stress: How do you deal with it?



Good luck. Now over to you...

"I find that the harder I work, the more luck I seem to have."