Causes:
1. I do not know some the terms used in classical music.
2. My friends who work at the same room with me are chatty and sometimes make some noise.
3. I cannot recognize some English words that the speaker says.

Potential Negative Effects:
1. I have to spend more time to read some books about classical music and postpone my work.
2. It is going to be boring if I read too much.
3. I will be sleepy.

Potential Negative Effects:
1. It makes me frustrated when there are still many missing words.
2. Although I have played the recording many times, I still cannot catch many words.

Potential Negative Effects:
1. I cannot chat or ask something that I do not understand about my work to my friends.
2. I will feel lonely.

Potential Positive Effects:
1. I can concentrate well when listening to the lecture.
2. There is no distraction from other people.
3. I can identify the words from the recording easier.

Potential Positive Effects:
1. I can know more about classical music terms.
2. I can understand what the speaker says.
3. I will decrease the missing words in my previous transcription.

Potential Negative Effects:
1. I have to spend more time to read some books about classical music and postpone my work.
2. It is going to be boring if I read too much.
3. I will be sleepy.

Effects:
1. I cannot catch some words.
2. My transcription is not accurate and incomplete.
3. I am distressed and frustrated.

Chosen Solution:
Combine all the potential solutions.
Improve the vocabulary first, then move to a silent room and keep listening to the recording.