Try This 3 Possible Solutions

The method of inspection is appropriate for these questions as the a and c values do not have a lot of factors. (a is the number in front the squared term and c is the constant term)

1.
$$2m^2 + 3m - 9 = (2m-3)(m+3)$$

Verify:
 $(2m-3)(m+3)$
 $= 2m^2 + 6m - 3m - 9$
 $2m^2 + 3m - 9$
Correct
2. $12y^2 + y - 1 = (4y-1)(3y+1)$
Verify:
 $(4y-1)(3y+1)$
 $= 12y^2 + 4y - 3y - 1$
 $= 12y^2 + y - 1$
Correct
3. $2x^2 - x - 1 = (2x+1)(x-1)$
Verify:
 $(2x+1)(x-1)$
 $= 2x^2 - 2x + 1x - 1$
 $= 2x^2 - x - 1$
Correct
4. $3x^2 + x - 2 = (3x-2)(x+1)$
Verify:
 $(3x-2)(x+1)$
 $= 3x^2 + 3x - 2x - 2$
 $= 3x^2 + x - 2$
Correct