Remove everything from your desk except this page and a pencil or pen.

Graph $y = -2(x+1)^2 - 3$.

Answer: Start with the parabola $y = x^2$. The factor -2 turns the graph upside down and makes it more narrow. The -3 drops the graph down by three and the $+1$ (which is $-(-1)$) shifts the graph to the left by 1. In other words, the vertex sits on $(-1, 3)$.