1. $-1 = -3z$, so $\dfrac{-1}{-3} = \dfrac{-3z}{-3}$

Hence $z = \dfrac{1}{3}$

2. $4 = 3z + 3$, so $4 - 3 = 3z$, so $1 = 3z$, so $\dfrac{1}{3} = \dfrac{3z}{3}$

Hence $z = \dfrac{1}{3}$

3. $4 = -2y + 3$, so $4 - 3 = -2y$, so $1 = -2y$, so $\dfrac{1}{-2} = \dfrac{-2y}{-2}$

Hence $y = -\dfrac{1}{2}$