Horizontal
$(y-k)^2 = 4p(x-h)$

Vertical
$(x-h)^2 = 4p(y-k)$

(h,k) : Vertex Point

$(y-k)^2 = 4p(x-h)$
$(y-2)^2 = 12(x+1)$
$|4p| = 12$

$k = 2$
$h = -1$
$4p = 12$
$p = 3$

$\frac{4p}{4} = \frac{12}{4}$

focus $(p=3)$

$V: (-1, 2)$
$F: 3 \rightarrow p=3$