Which of the following is the quotient of 3 a^3 $_+$ a^2 $_-$ a divided by a $_-$ 3

$$+([3 a^2]) + ([10 a])$$
 $+([10 a]) + (-1) a$

$$(-9 a^2)$$

$$+(10)a^{2}+(-1)a$$

$$(10)a^{+} + (-1)a^{-}$$