Directions/Planes:

anterior (op. of posterior): toward the front

posterior (op. of anterior): toward the rear (obvious mnemonic!)

superior (op. of inferior): high/higher/above

inferior (op. of superior): low/lower/below

dorsal (op. of ventral): back side (mnemonic - dolphins have a dorsal fin on their backs); for the brain, think of the way a dog's head is held relative to the floor, where the top of the dog's brain is on the dorsal side

ventral (op. of dorsal): front side in humans, belly, lower side in quadrupeds (dogs); for the brain, ventral means in the direction of the brain stem