* Evolution is simply a change in allele frequencies within a population over time.
* It occurs through combinations of 4 primary mechanisms:

1. Mutation
2. Genetic Drift
3. Migration
4. Natural Selection

* *Directional selection* – the average value for the trait increases or decreases.
* *Stabilizing selection* – the average value of a trait remains the same while extreme versions are selected against.
* *Disruptive selection* – individuals with extreme phenotypes have the highest fitness.