Flexible teaching and learning is an idealized state where there is a mixture of educational philosophy, pedagogical strategies, delivery modalities and administrative structures which allows for maximum choice for differences in student learning needs, styles and circumstances. It is characterized by:

- a shift in the emphasis of responsibility for learning from the teacher to the learner;
- the use of a range of teaching and learning strategies;
- the ability of the learner to negotiate various aspects of the learning program;
- flexibility within the curriculum to provide learners with alternative pathways through the content to suit learner needs;
- a range of delivery systems, including the use of communication and information technologies;
- · flexible administrative procedures; and
- increased learner support systems, including guidance services, pre-packaged learning resources, library and information services and access to computer facilities, in the recognition that there are several sources of information and knowledge, especially on-line electronic sources.

Lundin, Roy. "Flexible Teaching and Learning: Perspectives and Practices". p.6.