Convert the angle to degrees:

$$\frac{3\pi}{4} = \frac{3\pi}{4} \cdot \frac{180°}{\pi} = \frac{540°}{4} = 135°$$

This is in the second quadrant and its reference angle is $45°$. It intersects the unit circle at the point $\left(-\frac{\sqrt{2}}{2}, \frac{\sqrt{2}}{2}\right)$.

The value of cosine is the *x*-coordinate:

$$\cos\left(\frac{3\pi}{4}\right) = -\frac{\sqrt{2}}{2}$$