The graph of $y = \cos\theta$ is symmetric about the y-axis. This means that if you have one point on the graph, its mirror image over the y-axis is also on the graph. The mirror image of $\left(\dfrac{7\pi}{4}, \dfrac{\sqrt{2}}{2}\right)$ is $\left(-\dfrac{7\pi}{4}, \dfrac{\sqrt{2}}{2}\right)$, so it is on the graph.