The graph of cosine has a repeating hill and valley pattern. The pattern repeats after intervals of length 2π in both directions. In particular:

$$\frac{\sqrt{2}}{2} = \cos\left(\frac{7\pi}{4}\right) = \cos\left(\frac{7\pi}{4} - 2\pi\right) = \cos\left(-\frac{\pi}{4}\right)$$

Therefore, the point $\left(-\frac{\pi}{4}, \frac{\sqrt{2}}{2}\right)$ is on the graph of cosine. Because $y = \cos\theta$ is symmetric about the y-axis, the point $\left(\frac{\pi}{4}, \frac{\sqrt{2}}{2}\right)$ is also on the graph.