Draw the angle in standard position: it has its initial side on the *x*-axis and moves clockwise to the terminal side. The terminal side is in the second quadrant, because the angle measure is between $-180°$ (the negative *x*-axis) and $-270°$ (the positive *y*-axis). In particular:

$$-202° = -180° - 22°$$

This tells you that the terminal side is $22°$ above the negative *x*-axis. To say this another way, the *x*-axis and the terminal side form a $22°$ angle. This is the reference angle.